

Ultimate Sleep Hacks



Put your phone down 2 hrs before bed. You'll thank us tomorrow, we promise.



Bust out the aromatherapy. And breathe in and out the zen vibes.



Use a weighted blanket. It's like getting tucked in with a giant hug.



Sleeping masks are equal parts fashionable and functional.



Try a white noise machine or sleep meditation to knock out in an instant.



Turn the TV off. That next episode will be just as good in the morning.



Get in the nighttime flow with some restorative yoga.



Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

Sleep Hacks In The Us

Yan Bai



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18 Wellbeing Hacks for Students Aidan Harvey-Craig,2020-08-21 How can the desk in front of you reveal a whole new perspective on your life What s so important about refusing to board the catastrophe train Why does the anti rotting agent given off by plants make you feel great Through 18 short chapters Aidan Harvey Craig scours every corner of psychology from neuroscience to psychodynamics to uncover the unexpected secrets of hacking your wellbeing Based on the latest research each chapter takes you on a journey of surprises guiding you through an abundance of deceptively simple ideas which will help you to see your world in a new light and improve your wellbeing Organised into three sections Notice Energise and Connect each hack addresses issues that affect us all including our sleep relationships stress identity and our dependence on smartphones Intertwining the latest insights in psychology with practical and easy to use advice this book offers new ways to empower yourself and tackle the challenges of growing up and studying in the 21st Century **The**

Body Teaches the Soul Justin Whitmel Earley,2025-10-28 Your body is more spiritual than you think How can we preach a gospel of peace yet still find our bodies wracked by anxiety How do we call our bodies temples of the Holy Spirit yet regard eating exercise or sleep as inherently unspiritual activities How is it that modern Christians who claim God made their bodies have come to care so little about them Justin Whitmel Earley bestselling author of The Common Rule and Habits of the Household is intimately familiar with the consequences of ignoring the body As a young lawyer Earley collapsed into anxiety and insomnia that nearly ruined his life In his journey back to mental and spiritual health he realized that the healthy and unhealthy habits shaping his life weren t physical or spiritual they were physical and spiritual The Body Teaches the Soul is a practical guide to the union of body and spirit in our overall health With his characteristic vulnerability and story driven approach Earley shares personal failures fascinating research and biblical wisdom to reveal ten simple habits that will improve your health and deepen your relationship with God In these pages you will Connect deeply and positively with your body as the image of God while avoiding the mistakes of ignoring or idolizing the body Explore how daily patterns of healthy eating can be as spiritual as fasting and how rhythms of feasting can become guilt free celebrations of the world God made Recover your mental health through upper brain spiritual truths that work together with lower brain physical practices to reshape thought patterns Develop a sleep routine that honors your body s need for rest and your soul s need for sabbath Discover how to lament sickness and injury while still praying with hope for the miracle of healing Learn how exercise can create a humble lifestyle of loving others with your body instead of becoming a vain search for body image Earley is not a health guru telling you how to get in shape he is the ordinary Christian s guide to rediscovering the extraordinary gift of the body and the spiritual life that flows from it Join this journey of wonder and well being to reconnect with your whole self and repattern your whole life in the image of the God who made you and loves you as you are body and soul Neuro Hack

Debjeet Das,2023-04-07 This book is a fascinating look at the human brain The brain is the most complex and enigmatic

organ in the human body It is the source of our thoughts emotions memories and experiences It is responsible for every action and decision we make and it plays a crucial role in shaping our identity and defining who we are This book is a journey into the mysteries and wonders of the brain It is an exploration of the various functions and processes that make up this remarkable organ and a celebration of the marvels of the human mind We will explore the different regions of the brain their functions and the way in which they work together to create the tapestry of our minds We ll also look at the brain molecule that guides and channels our emotions We will learn in detail various memory tricks and ways we can apply them in our daily lives to hone polish and sharpen our memory to an optimum level which can significantly impact our personal professional and mental lives in a positive way The final section will go over memory sins different types of memory failure and the effects of stress on the brain

Hack Your Hormones Davinia Taylor,2023-05-25 THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER A wonderful book Dr Chris van Tulleken Sunday Times bestselling author of Ultra Processed People Sleep better thanks to cherries Fix your brain fog with good fats Improve your metabolism with brazil nuts When we talk about hormones we so often think of them as a women s issue But our hormones regulate everything from our sleep to the way we eat our stress response and our moods In Hack Your Hormones Davinia Taylor entrepreneur and biohacking pioneer breaks down how best to optimise all of our hormones Davinia gives symptom led advice backed up with the expertise of a doctor on how lifestyle hacks and supplements can balance our cortisol adrenaline dopamine and more even Vitamin D yep it s a hormone And the answers might be as close as your kitchen cupboards This groundbreaking new book is full of simple accessible hacks that will make you feel not just better but amazing Let s get our hormones into the optimum place they can be Because if I can feel better then anyone can This is proper real empowerment not tampon ad empowerment This is your body nobody can look after it like you can Davinia Non Fiction Paperback bestseller The Sunday Times nine consecutive weeks from 4th June 2023 [Scientific American](#) ,1899 *Annual Report of the Attorney-General of the United States* ,1886

Wellbeing Strategies for Nurses Claire Boyd,2023-03-13 Wellbeing Strategies for Nurses Practical strategies for combating burnout and improving mental health while working as a nurse Wellbeing Strategies for Nurses explores clear straightforward and practical techniques for cultivating resilience and positive mental health strategies in the face of a demanding clinical environment This pocket sized book is easy to carry during your clinical placement and offers tips advice and hard won words of wisdom from student and qualified nurses to support you through a challenging yet rewarding career You ll find stress busting tools as well as exercises intended for long term relief of stress incorporated throughout the book Readers will also find A thorough introduction to self care and wellbeing for nurses as well as discussions of stress and guided meditation practice exercises Comprehensive explorations of breathing humour and nature therapy Practical discussions of muscle relaxation and the importance of healthy foods and hydration Treatments of the sense of smell aromatherapy guided meditation mindfulness and the five senses approach to wellbeing Perfect for pre registration adult

nursing students in their first and second years of the programme Wellbeing Strategies for Nurses will also benefit nursing associates health care assistants assistant practitioners and professionals returning to the field after a period of absence

Deliberate Optimism Debbie Silver, Jack C. Berckemeyer, 2023-05-03 Even more ways for educators to flourish A lot has changed in schools since *Deliberate Optimism* was first published but one thing hasn't Attitude can make all the difference When educators choose optimism even in the face of the toughest challenges they foster a school culture where students and staff feel safe engaged and productive able to enjoy the healthy interactions that lead to real change Updated to address major changes in education since 2015 the second edition of this much loved book features new doses of the same cathartic humor plus Revised more succinct Principles of Optimism Expanded focus on leadership Updated strategies and thought provoking scenarios Interactive Action Step exercises A new chapter on mental health QR codes leading to additional resources such as self assessments and videos Optimism is the salve for overworked leaders and teachers and this book delivers on outlining its indisputable benefits Brimming with wit and honesty the updated *Deliberate Optimism* demonstrates how changing your mindset can help you rediscover your motivation and create a school environment bound for success

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