

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.

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SB Merriam



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The Woodie Chronicles Gregory A. Raymer, 2003-08-21 Greg Phoenix has a problem His drinking cost him his friends Has landed him in jail And now the angry Judge Hooton wants to throw the book at him Facing serious prison time boot camp or a unique community service job Phoenix chooses community service thinking it will be a breeze But the universe has a different plan Through a chain reaction of events Phoenix lands a 1949 Woodie Wagon and spends several weeks travelling from Nederland Colorado to Key West Florida fulfilling his community service obligation facing danger and peril at almost every turn Along the way he not only finds his sobriety develops an appreciation for old cars drive in movie theaters and vintage DC 3 airplanes but begins his spiritual journey as well While life is bittersweet Phoenix learns his second chance in life gives him the courage and desire to go on

The Aldine "tip-top Tales". , 1896 *Ford Owner and Dealer* , 1922

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