# **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 functionable.
111	Try a white noise machine or sleep meditation to knock out in an instant.
Š'	Turn the TV off. That next episode will be just as good in the morning.
2	Get in the nighttime flow with some restorative yoga.
4	Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

# **Sleep Hacks How To**

**Chao Zhang** 

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