

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.



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 How To Warranty

John Rizzo

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Rizzo,2006-01-13 Starting at 499 the diminutive Mac mini 2 5 inches tall 6 5 inches wide and 2 9 pounds is expected to become Apple s bestselling computer with projected shipments of 100 000 units a month This book offers several projects some easy some more challenging to help people tweak modify and transform a Mac mini Modest modifications include creating a Mac mini home theater an appliance controller and a travel kit other more complex but very cool mods require wielding a soldering iron Offers detailed illustrated step by step instructions including how to open the Mac mini keep track of pieces and avoid damage that enable even novice tinkerers to complete the projects **Hardware Hacking** Joe

Grand, Kevin D. Mitnick, Ryan Russell, 2004-01-29 If I had this book 10 years ago the FBI would never have found me Kevin Mitnick This book has something for everyone from the beginner hobbyist with no electronics or coding experience to the self proclaimed gadget geek Take an ordinary piece of equipment and turn it into a personal work of art Build upon an existing idea to create something better Have fun while voiding your warranty Some of the hardware hacks in this book include Don t toss your iPod away when the battery dies Don t pay Apple the 99 to replace it Install a new iPod battery yourself without Apple s help An Apple a day Modify a standard Apple USB Mouse into a glowing UFO Mouse or build a FireWire terabyte hard drive and custom case Have you played Atari today Create an arcade style Atari 5200 paddle controller for your favorite retro videogames or transform the Atari 2600 joystick into one that can be used by left handed players Modern game systems too Hack your PlayStation 2 to boot code from the memory card or modify your PlayStation 2 for homebrew game development Videophiles unite Design build and configure your own Windows or Linux based Home Theater PC Ride the airwaves Modify a wireless PCMCIA NIC to include an external antenna connector or load Linux onto your Access Point Stick it to The Man Remove the proprietary barcode encoding from your CueCat and turn it into a regular barcode reader Hack your Palm Upgrade the available RAM on your Palm m505 from 8MB to 16MB Includes hacks of today s most popular gaming systems like Xbox and PS 2 Teaches readers to unlock the full entertainment potential of their desktop PC Frees iMac owners to enhance the features they love and get rid of the ones they hate **How to Sleep** Rafael Pelayo, 2020-12-08 Easy to read and comprehensive This book offers real practical guidance Matthew Walker PhD bestselling author of Why We Sleep A

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