# **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.
$\bigcirc$	Sleeping masks are equal parts fashionable and functionable.
12:	Try a white noise machine or sleep meditation to knock out in an instant.
ď	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.
<b>⊕</b>	Save the intense workouts for earlier in the day. That adrenaline rush won't help you sleep.

# **Sleep Hacks On Sale**

**Edwin Harcourt Burrage** 

**Sleep Hacks On Sale:** 

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Sleep Hacks On Sale**. This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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