

# Ultimate Sleep Hacks



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

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

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

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Sleeping masks are equal parts fashionable and functionable.

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

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

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Get in the nighttime flow with some restorative yoga.

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

# Sleep Hacks 2025

**Ensheng Dong**



## **Sleep Hacks 2025:**

Eventually, you will categorically discover a other experience and feat by spending more cash. nevertheless when? reach you take that you require to get those all needs with having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more approximately the globe, experience, some places, later than history, amusement, and a lot more?

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