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smartphone
usage



Create a
nightly
ritual



Avoid caffeine
4-6 hours
before sleeping

5 Tips for Better Sleep



Don't eat or
drink too much
at bedtime



Sleep at the
same time
every night

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Wolfgang Guggemos



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Sensehacking Charles Spence, 2021-01-14 The world expert in multisensory perception on the remarkable ways we can use our senses to lead richer lives Talks total sense lots of fun facts right up there with the best of the best Chris Evans Packed with studies on pain attention memory mood The Times How can the furniture in your home affect your wellbeing What colour clothing will help you play sport better And what simple trick will calm you after a tense day at work In this revelatory book pioneering and entertaining Oxford professor Charles Spence shows how our senses change how we think and feel and how by hacking them we can reduce stress become more productive and be happier We like to think of ourselves as rational beings and yet it is the scent of expensive face cream that removes wrinkles temporarily a room actually feels warmer if you use a warmer paint colour and the noise of the crowd really does affect the referee's decision Understanding how our senses interact can produce incredible results This is popular science at its unbelievable best Spence does for the senses what Marie Kondo does for homes Avery Gilbert author of What the Nose Knows Everything you need to know about how to cope with the hidden sensory overload of modern life engagingly told Robin Dunbar author of How Many Friends Does One Person Need

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and an invitation to find joy balance and energy through the transformative power of rest This thought provoking book is highly recommended for anyone needing better rest habits Library Journal starred review Rest Easy invites you to experience the life changing power of resting your mind body and spirit In these pages rest expert Ximena Vengoechea explores the power of rest and guides you through dozens of proven methods for relaxation and renewal including movement sound visualizations journaling time in nature meditative activities and so much more Discover A short quiz that reveals the ideal rest techniques for your personality and lifestyle How to set healthy boundaries and overcome obstacles preventing meaningful rest Bite size practices to incorporate into everyday life for physical mental and spiritual rest PROVEN TECHNIQUES The techniques and practices presented in these pages are proven to improve rest reduce stress and boost joy The author distills her research to make a range of rest techniques accessible to everyone allowing readers to experiment with a wide variety of practices and find what best fits their lifestyle and needs FRESH APPROACH TO HEALTH AND WELLNESS Through a charming combination of beautiful artwork compelling storytelling engaging sidebars and easy to follow takeaways this book offers a distinctive approach to wellness and well being Warm and inviting Rest Easy is a simple and authentic way to connect and be present for someone in need of gentle encouragement and uplifting support POSITIVE TIMELY This book presents contemporary methods for well being in a simple easy to engage format Readers will discover information on practices for mindfulness breathwork yoga and more MEANINGFUL SELF CARE GIFT The beautifully designed hardcover package is an infinitely giftable book that can be given to friends wellness enthusiasts and people experiencing burnout The content is general enough to speak to a range of experiences and the colorful art and empathetic tone make it a wonderful option for those looking for thoughtful personal gifts for someone who needs a pick me up Perfect for Mindfulness and wellness enthusiasts People experiencing burnout or seeking stress relief Parents students or anyone whose job or personal circumstances are causing suffering and burnout Wellness gift for women and men of any age Fans of Am I Overthinking This and Vibrate Higher Daily Readers of How to Do Nothing How to Not Always Be Working and Rest Is Resistance

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