



The Rest of Your Life: 5 Hacks for Better Sleep

Sleep issues haunt people (sometimes daily) all year-round, and can become an ongoing nightmare. Try these five dreamy sleep hacks for the regular, rejuvenating sleep you need to function at your best.



* Centerpointe Research Institute, providers of world-famous Holosync neuro-audio technology, has developed an extraordinary, powerful tool to put your brainwaves into the proper states at the proper times, so you can get the restful, rejuvenating sleep you need. It's called the Holosync Sleep Suite and you can learn more at www.myholosync.com/sleep.

