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Blue light— from the sun, your phone, fluorescent lights, and other screens — sends signals to your brain to wake up. Here's how to not let it mess with your sleep.

Blue Light: What Is It and How Does It Affect Your Sleep?

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SHOCKING images have revealed how a lack of sleep can impact all parts of the body, from dry skin to hallucinations. Around a third of adults in the UK suffer from insomnia and your risk of the ...

Shocking graphics reveal how lack of

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*sleep damages your body within
HOURS*

IF you're doing everything you can to lose weight but are still failing, you may want to spend more time in bed. Sleep is crucial for weight management, and a lack of it can lead you to pile on ...

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The 6 ways a bad night's sleep can cause weight gain – and how to stop it
WEIGHT loss is difficult to achieve and the unlimited information online on diets and exercise can be confusing. But it might be easier than you think. Sleep is a simple task that can greatly

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*Sleep is 'innately tied' to weight - get
a good night's sleep to lose weight,
says expert*

Automatic measurement on the
machine tool speeds efficiency by day
and safeguards capacity at night for a

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*Probing for Setup and Lights-Out
Machining — The One-Person Shop #2*
Summer's longer days can contribute
to delayed melatonin production,
ultimately leading to sleep issues,"
says clinical psychological Michael J.

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Breus, PhD, chief sleep advisor at
Purple. Recent ...

*Feeling Groggy? Here's How
Summer's Longer Days May Be
Affecting Your Sleep—And What To Do
About It*

It's more important to avoid processed

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foods and sugar ... Artificial light tricks the body into slowing its production of melatonin, the hormone that promotes sleep, which can make it more ...

*Can't Sleep? Try These Tips for a
Better Night's Sleep*

The Coca-Cola Co. has announced a

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refresh of Coca-Cola Zero Sugar,
rolling out a new recipe and bold new
packaging. According to Coca-Cola,
the new recipe optimizes existing
Coca-Cola Zero Sugar ...

*Coca-Cola Zero Sugar is getting a
refresh*

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Shutting down our tech gadgets about 2 hours before bed. In addition to making it easier to turn in, this habit may also help our metabolism, according to new research published in the journal ...

Doing This Before Bed Can Mess with

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Your Metabolism—and It Has Nothing
to Do with Food*

Waking up congested, or sneezing through the night? These hypoallergenic picks will help you get an allergy-free night's sleep ...

The Best Bedding for Allergies to

Page 14/64

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*Actually Get a Comfortable Night's
Sleep*

Spongecake doesn't typically fall high on people's list of favorite desserts. Its name doesn't stir the heart, and so often it's dry and tasteless. But, when properly made, spongecake is tender

...

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*Spongecake is simple, versatile and
delicious if done right*

No matter what the source of your
sleeping troubles, the best sleep aid
for travel can help you get the rest you
need to enjoy your vacation.

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*Trouble sleeping on vacation? Try
these travel sleep aids*

Gravity has now expanded its product lineup to include a weighted sleep mask, a cooling blanket for those who ... and I have a hard time taking "power naps" or falling asleep when it's still light out ...

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*What it's like to use the Gravity
Blanket, a \$250 weighted blanket
that's designed to reduce stress and
help you sleep*

Amazon filed for permission from the
FCC to develop a sleep monitoring
device that uses radar technology.

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Last week, the FCC approved the company's request, giving it the green light to develop this ...

The FCC just gave Amazon the green light to monitor your sleep with radar
Everyone needs sleep — it's one of few things we all ... has a metal wire

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So you can bend it around your nose to seal out light." Complete with a convenient carrying pouch, you can block ...

This sleep mask has a special feature that blocks out all (yes, all) light—and it's on sale for \$10 at Amazon

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Sensitivity to light and/or sensitivity to sound,” says Dr. Parikh. A migraine episode can last anywhere from 4 hours to 3 days. “It’s pretty common for migraine to emerge during sleep or ...

Why Do I Wake Up With a Morning

Page 21/64

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*Headache? 10 Possible Causes,
According to Experts*

From mini laptops to colorful mixing bowls to glowing bath toys, there are plenty of fun light-up toys for your toddlers! Check out a few of my favorites in the slides ahead. Latest Family ...

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*25 Light-Up Toys That Will Make Your
Toddler's Eyes Sparkle With Delight*

Roll out the red, white, and blue and cool off on the Fourth of July with this deliciously light and refreshing Frozen ... Mix the graham cracker crumbs, sugar, and melted butter in a small ...

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*Light up your 4th of July with festive
Frozen Lemonade Pie | Rigsby*

1. In a mixing bowl, take the flour, semolina, rice flour, salt, sugar and milk in the given proportions. Mix well. If you still see lumps of flour, smoothen them out with your hands

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*Patishapta or light crepes with a
coconut and jaggery filling*

Everyone needs sleep — it's one of
few things we all have in common ...
And the nose bridge has a metal wire
so you can bend it around your nose

Download Ebook Lights Out Sleep Sugar And to seal out light." Complete with a convenient carrying ...

When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie. With research gleaned from the National

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Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep. Our lifestyle wasn't always this way. It

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began with the invention of the lightbulb. When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and

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Survival To Wiley neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced

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Inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us. Wiley and Formby also reveal: -That studies from our own government research

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prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging -Why the carbohydrate-rich diets recommended by many health professionals are not only ridiculously ineffective but deadly -Why the lifesaving information that

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can turn things around is one of the best-kept secrets of our day. Lights Out is one wake-up call none of us can afford to miss.

Through the eyes of a killer... Rachel de Luca has found incredible success writing self-help books. But her own

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blindness and the fact that her troubled brother has gone missing have convinced her that positive thinking is nothing but bull. Her cynicism wavers when a cornea transplant restores her sight. The new eyes seem to give her new life, until they prove too good to be true and she

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Survival To Wiley starts seeing terrifying visions of brutal murders—crimes she soon learns are all too real. Detective Mason Brown's own brother recently died, leaving behind a horrific secret. In atonement, Mason donated his brother's organs, though he's kept the fact quiet. Now he wants to help Rachel find her

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brother, but when he discovers the shocking connection between her visions and his own brother, he suddenly has to do everything in his power to save her from a predator who is somehow still hunting from beyond the grave.

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From the New York Times bestselling author of the Tradd Street series comes a stunning novel about a young single mother who discovers that the nature of friendship is never what it seems.... Recently divorced, Merilee Talbot Dunlap moves with her two children to the Atlanta suburb of Sweet

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Apple, Georgia. It's not her first time starting over, but her efforts at a new beginning aren't helped by an anonymous local blog that dishes about the scandalous events that caused her marriage to fail. Merilee finds some measure of peace in the cottage she is renting from town

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Survival To Wilcoy. Though
stubborn and irascible, Sugar sees
something of herself in
Merilee—something that allows her to
open up about her own colorful past.
Sugar's stories give Merilee a
different perspective on the town and
its wealthy school moms in their tennis

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whites and shiny SUVs, and even on her new friendship with Heather Blackford. Merilee is charmed by the glamorous young mother's seemingly perfect life and finds herself drawn into Heather's world. In a town like Sweet Apple, where sins and secrets are as likely to be found behind the walls of

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gated mansions as in the dark woods surrounding Merilee's house, appearance is everything. But just how dangerous that deception can be will shock all three women....

Holly Flynn must track down a killer at a summer camp.

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"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep

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expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

In this revolutionary work -- a landmark that signals the true beginning of feminist medicine -- a doctor, a philosopher, and a scientist prove that

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by postponing marriage and
motherhood, women have accelerated
the aging process, resulting in earlier
menopause and, ultimately for
thousands, earlier death. In Sex, Lies,
and Menopause, T.S. Wiley, Julie
Taguchi, M.D., and Bent Formby,
Ph.D., turn thirty years of medical and

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cultural wisdom on its head,
challenging both the medical
establishment and modern feminists
who believe women can delay
childbearing that menopause, a
natural state of female maturity, does
not have to lead to potentially deadly
medical conditions. Sex, Lies, and

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Menopause offers strong evidence that the use of synthetic hormones leads to cancer and advises women to turn to natural hormone replacement therapy -- derived from plants, not drugs -- to help them elevate their estrogen level for greater energy, libido, and intellectual capacity. A

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groundbreaking effort of creative insight and astute research, this book fearlessly tackles one of the greatest health crises facing American women today. Provocative, empowering, and scientifically sound, *Sex, Lies, and Menopause* addresses the inherent benefits of natural progesterone,

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Survival To Wiley reveals the lies advanced by the medical and drug establishments, and challenges women to demand a medical future where their health comes first. The research presented here will at last allow women to create their own plan of action by safely putting themselves on the path to

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better health and hormonal balance at any stage of life.

Arianna Huffington, the co-founder and editor-in-chief of The Huffington Post, and the author of the #1 New York Times bestseller Thrive delves into the sleep revolution that is happening all

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across the world - a revolution that can
transform our lives.

A NEW YORK TIMES NOTABLE
BOOK It is 1901 and Buffalo, New
York, stands at the center of the
nation's attention as a place of
immense wealth and sophistication.

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The massive hydroelectric power development at nearby Niagara Falls and the grand Pan-American Exposition promise to bring the Great Lakes "city of light" even more repute. Against this rich historical backdrop lives Louisa Barrett, the attractive, articulate headmistress of the

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Macaulay School for Girls. Protected by its powerful all-male board, “Miss Barrett” is treated as an equal by the men who control the life of the city. Lulled by her unique relationship with these titans of business, Louisa feels secure in her position, until a mysterious death at the power plant

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Survival To Wilby triggers a sequence of events that forces her to return to a past she has struggled to conceal, and to question everything and everyone she holds dear. Both observer and participant, Louisa Barrett guides the reader through the culture and conflicts of a time and place where immigrant

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factory workers and nature
conservationists protest violently
against industrialists, where presidents
broker politics, where wealthy
“Negroes” fight for recognition and
equality, and where women struggle to
thrive in a system that allows them
little freedom. Wrought with

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remarkable depth and intelligence,
City of Light remains a work
completely of its own era, and of ours
as well. A stirring literary
accomplishment, Lauren Belfer's first
novel marks the debut of a fresh voice
for the new millennium and heralds a
major publishing event.

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Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a

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well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine -

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Sleep. In *Sleep Smarter* Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book

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depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands

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NATIONAL BESTSELLER WINNER
OF THE PULITZER PRIZE The
searing, post-apocalyptic novel about
a father and son's fight to survive. A
father and his son walk alone through
burned America. Nothing moves in the

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ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless

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bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love.

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Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation. A New York Times Notable Book One of the Best Books

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of the Year The Boston Globe, The
Christian Science Monitor, The Denver
Post, The Kansas City Star, Los
Angeles Times, New York, People,
Rocky Mountain News, Time, The
Village Voice, The Washington Post

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