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To Sleep With A

SCORCHING hot weather has led

to the Met Office issuing an

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extreme heat warning for parts of the UK, and Brits are struggling to sleep on hot sticky nights. So here are eight top hacks for how to ...

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hours of the morning, a vivid
dream can be a ...

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ridiculously good hair days. After

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approximately three-million hours
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bad hair days, I feel like I've ...

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That Property Guy on TikTok has shared some of his biggest tips and tricks to make sure that your house remains cool throughout the day and night.

Property expert's tips to keep your house cool - and how to

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sleep in a heatwave

Since quality sleep and a schedule are essential for good health, check out college sleeping tips. Here's how to get a good night's sleep as a college student.

Don't sleep through your lecture:

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How to get a good night's sleep
as a college student

Last year, with the introduction of watchOS 7, Apple added the ability to track your sleep metrics using the Apple Watch. Now, with watchOS 8, you can also track your respiratory rate throughout

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How to monitor your breathing rate while you sleep with Apple Watch

If you're a parent of a child with ADHD, you may have experienced difficulty in getting your child to

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sleep at a reasonable hour. As it turns out, this is a common issue amongst parents as up to 70 ...

How to Help Your Child with
ADHD Get a Better Night's Sleep
As you age, your sleep patterns
can change. Everything from

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increased daytime napping to
shortened sleep cycles at night
can occur with normal aging. Yet
your environment and lifestyle
can also play a ...

Our Sleep Needs Change a Lot as
We Age—Here's How to Get

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Proper Sleep in Your 20s, 30s,
40s, and 50s

Amazon appears to be working on some type of sleep-tracking device, according to a newly revealed waiver that was granted by the Federal Communications Commission. In a July 9 letter,

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Amazon gets waiver from FCC to monitor sleep with a radar sensor
Is your sleep not what it used to be? Does your mind race when your head hits the pillow? Do you wake up at 4am and struggle to

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fall back asleep? Are you feeling
drowsy and sleep-deprived no ...

Struggling to sleep? These tips
will get you back to sleeping like a
baby

Sleep disturbances are common
in children with attention deficit

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Hyperactivity disorder (ADHD).

Hyperactivity may cause sleeplessness, and sleeplessness appears to exacerbate ADHD symptoms.

What to do if a child with ADHD cannot sleep

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For as long as he can remember, Brad Johnson knew he was different. "I've never been normal when it came to sleep," Brad told CNN. "Other people, even some of my siblings, slept eight, nine ...

Living with a short sleep gene:

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'It's a gift'
Kristin Harmel

So, what is the perfect time to send children to bed in order to make sure they've had enough sleep between the ages of 0 and 5? Through childhood and over the lifespan, the average amount of ...

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What time your child should REALLY be going to bed – and how to get them to sleep when they don't want

For years, a diagnosis of obstructive sleep apnea meant one thing: a lifetime of nights

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tethered to a forced air machine (CPAP). Now, many sleep apnea sufferers are learning that a trip to a ...

Living with sleep apnea? You may be able to switch from a CPAP machine to a dental appliance

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