

SLEEP

Homedics Deep Sleep® Revitalize Engineered Sleep Sound Alarm Clock



Price point: \$100

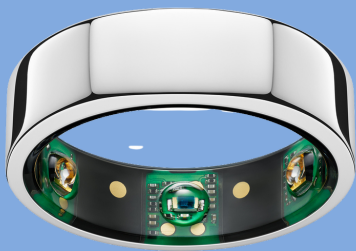
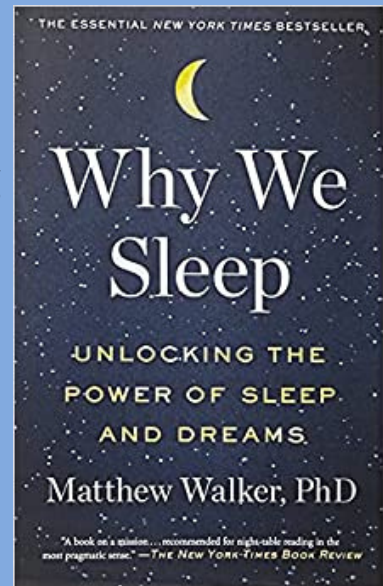
<https://www.homedics.com/>

Be lulled to sleep with guided meditations, therapeutic sounds, and brown noise (which may bring deeper sleep than typical white noise machines.)

"Why We Sleep" Price point: ~\$20 Amazon, Walmart, etc

Sleep scientist Dr. Matthew Walker's book warns against the "I'll sleep when I'm dead" mentality and explains why sleep may be THE most important pillar of health.

Personal note: This made me value sleep even more!



Oura Smart Ring

Price point: ~\$300-\$400

<https://ouraring.com/>

You can't hack it if you don't track it. 24/7 heart rate monitoring, personalized health insights, and sleep analysis to help you monitor and improve productivity and performance.