

12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

Conquer Training
Lifestyle - Health - Sculpting

@Marcus__Rice



Sleep in a dark room w/cool temperature



Have a consistent bed time



Avoid blue light before bed



Strength Training



Sleep with a pillow between knees



Stay active during the day



Sip on some decaf tea in evening



Write a to-do list for next day before bed



Don't go to bed thirsty



Avoid late caffeine



Wind down/relax an hour before sleep



Try a kiwi before bed

Sleep Hacks Update Setup

N Colangelo



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Mac OS X Power Tools Dan Frakes, 2006-02-20 Dan Frakes *Mac OS X Power Tools* is an essential and approachable guide for getting the most from Mac OS X Christopher Breen Mac 911 Columnist MacWorld Magazine Mac Expert Dan Frakes Turns You Into a Power User The latest version of Mac OS X v10.3 Panther is here and noted expert Dan

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