

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 Zelle Usa

Errol Mccoy



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The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces ,1888 **Zell's Classified**
United States Business Directory ,1887 *Illustrated Sporting & Dramatic News* ,1911 *Sleep Hacker* Transcend
Your Limits,2022-02-21 Your sleep is broken The chances are you re NOT sleeping as well as you could In fact MOST of us
just aren t sleeping as well as we could be and this is showing up in various forms People are feeling too tired to work
depressed and weak throughout the day And this is usually one or two things that you re doing WRONG that are stopping
your body entering the deep sleep stage it needs to restore and recover Over the last few years I ve collected several highly
effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast SLEEP BETTER
We ve collected dozens of tips bits of information and methods or techniques for improving your sleep and going to sleep
faster FEEL BETTER If you practice these techniques you ll fall asleep better and feel much better in the morning Lots of
people complain of not getting enough sleep or not sleeping well enough so we ve collected the tips that can help you SLEEP
FASTER Another common concern is people can t seem to fall asleep FAST enough so we ve collected some information on
how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good when you wake up
in the morning We ve spent months collecting the best and most effective tips and tricks for sleeping better so you can enjoy
your life more Scroll up or down and order your copy now and get started improving your sleep SLEEP IS IMPORTANT It s
been shown that if you get better quality sleep everything else becomes easier You ll have more energy You won t need naps
during the day You ll recover from exercise faster Your immune system will be boosted You ll be less likely to get or stay
depressed You ll be more creative There are LITERALLY thousands of benefits of getting better sleep So I ve created the
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wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT feeling tired This is so useful and you ll be
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