

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

**Conquer Training**  
Lifestyle - Health - Sculpting

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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



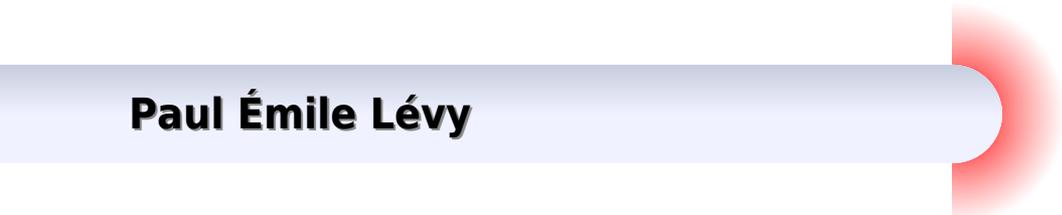
Wind down/relax an hour before sleep



Try a kiwi before bed

# Sleep Hacks Ideas

**Paul Émile Lévy**



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at support  $v = a_1 + 2 \cdot q \cdot l$  reaction forces  $r = a_1 + 2 \cdot q$

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