

# 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 Last 90 Days Sign In

**LP Steffe**



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web in general terms a penguin eye and a human eye are almost identical both have the same components necessary for vision a cornea through which light can enter an iris which controls the amount of light that enters and a crystalline lens that focuses the light onto the back of the eye where a specialized membrane the retina receives it and

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