

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 This Month Sign In

Darria Long Gillespie



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Mom Hacks Darria Long Gillespie,2019-02-19 100 self care hacks for any mom to eat right move more stress less and get a good night s sleep by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health with all that weight gain fatigue and exhaustion It doesn t have to be that way What if your baby AND you could thrive together We cure diseases We create artificial ears using 3 D printers We solved how to pee in space We can figure this out and now Dr Darria has done just that An Ivy league trained physician and mom of two Dr Darria combed the latest in medicine psychology and holistic health for answers when her own health crises struck She now brings those solutions to moms everywhere For moms who just DontHaveTheTime or energy Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child Every hack is a mini super charged solution with an immediate impact So you feel good lose the baby weight and are more present while raising thriving children in an entirely do able time saving with you in the trenches way Her humor and personal stories bring warmth and encouragement when mothers need it most You can be the mother and woman you want to be and with Mom Hacks you don t have to listen to anyone who tells you otherwise It s time for a new mom world order Tricks of the Trade Christopher Knoll,2020-11-20 Tricks of the Trade is a collection of short stories written by Chris Knoll in the late 1980s that delve into the supernatural The first short for which the book is titled has our hero trying to save his friend from selling his soul to the devil by beating the demon at his own game Sleep Well is a sleep study that has gone terribly wrong making the students prisoners of their own dreams Savior II follows a man s last day on earth as he witnesses nuclear destruction The fourth in the series The Bag is an exorcism gone wrong and the frantic attempt to send the demon back to hell Kravitis s Fall is the struggle between good and evil as a construction worker nears death Misery s Children centers around a brother and sister who after their father s death learn the tragic and horrific truth about their inheritance A pickpocket in The Light Touch steals the wrong wallet A shape shifter becomes whatever he wishes to do whatever he wants in the Roue You will want to read Tricks of the Trade with all the lights on If you dream you may want to wait until morning to read this Otherwise sleep well *House documents* ,1880

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