

# 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 Compare

**SA Dillow**



## **Sleep Hacks Compare:**

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web qualitative test flame tests introduction for this test i had five containers labelled a e each containing a metal salt i had

to find out which metal is used in each of the five unknown salts by using a metal loop placing it in the unknown salts and testing it by putting the metal under a roaring bunsen flame safety points wear googols all the time when

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web the easiest colors to observe during the flame test were that of copper chloride and lithium chloride for potassium chloride there was a purple color close to the stick but the flame remained orange for the majority of the burn time the unknown slat burned orange but also had a slight blue color close to the stick

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web use crayons or colored pencils to color in the spectrum in the box on your report sheet to show the correlation between color and wavelength part ii flame tests you will conduct flame tests to observe the flame emission colors for the following

solutions  $\text{LiNO}_3$   $\text{CuNO}_3$   $\text{SrNO}_3$   $\text{BaNO}_3$   $\text{KNO}_3$  and  $\text{NaNO}_3$  since nitrates do not emit color you

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web feb 10 2021 section 1 purpose and summary observe the color of light emitted when a sample of a salt of a metal cation is heated use the characteristic color of flames to identify ions in various laboratory samples observe the emission spectra of various elements in gas discharge tubes

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