

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

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ALIEN Thinking Cyril Bouquet, Jean-Louis Barsoux, Michael Wade, 2021-03-16 How do people come up with truly original ideas The answer is to think outside the box way outside For the past decade Cyril Bouquet Jean Louis Barsoux and Michael Wade professors of innovation and strategy at IMD Business School have studied inventors scientists doctors entrepreneurs and artists These people or aliens as the authors call them are able to make leaps of creativity and use five patterns of thinking that distinguish them from the rest of us These five patterns Attention Levitation Imagination Experimentation and Navigation lead to a fresh and flexible approach to problem solving Alien thinkers know how to free the imagination so it can detect hard to observe patterns They practice deliberate ways to retreat from the world in order to see the big picture underlying a problem And they approach ideas in systematic ways that reflect the constraints of reality Through surprising and compelling stories the authors show how readers can use this method to develop out of this world ideas ALIEN Thinking can help any of us find innovative solutions to the most difficult problems

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a sleep routine that promotes long term wellness Hack 3 Nutrition for Nightly Rest Uncover the best and worst foods that influence your ability to fall and stay asleep Hack 4 Movement and Exercise Find out how the right type and timing of exercise can enhance your sleep quality Hack 5 Stress Management Techniques Master relaxation methods that calm the mind and prepare your body for rest Hack 6 Technology and Sleep Minimize blue light exposure and digital distractions for better sleep hygiene Hack 7 Understanding Sleep Cycles Discover the science behind sleep phases and how to optimize your nightly rest Hack 8 Sleep Supplements Explore natural remedies and supplements that actually work to enhance sleep Hack 9 Gut Health and Sleep Quality Understand the powerful connection between your gut and sleep quality Hack 10 Personalizing Your Sleep Plan Learn how to tailor these sleep hacks to fit your lifestyle and unique needs Say goodbye to sleepless nights and hello to waking up refreshed energized and ready to take on the day Whether you re a busy professional a student or simply someone looking to improve your sleep this book provides actionable steps for achieving optimal rest and health Start your journey to better sleep today grab your copy now

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