

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 Usa

Terry C. Jones



Sleep Hacks Usa:

Eventually, you will definitely discover a additional experience and finishing by spending more cash. yet when? complete you assume that you require to get those all needs when having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more in the region of the globe, experience, some places, taking into account history, amusement, and a lot more?

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