

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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offspring that are genetically unique fertilisation is the process in which the nucleus of a sperm cell fuses with the nucleus of an egg cell to produce a zygote which will eventually grow into

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the early stages of embryonic development are also crucial for ensuring the fitness of the organism fertilization fertilization pictured in figure 43 23a is the process in which

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fertilisation occurs when a sperm and egg join to form an embryo an embryo develops into an unborn baby in the uterus during pregnancy

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