

# 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 Deal

**St. Thomas' Hospital (London,  
England)**



## **Sleep Hacks Deal:**

## Enjoying the Song of Term: An Psychological Symphony within **Sleep Hacks Deal**

In a global taken by monitors and the ceaseless chatter of fast connection, the melodic beauty and mental symphony produced by the published word frequently diminish in to the background, eclipsed by the constant noise and disruptions that permeate our lives. However, nestled within the pages of **Sleep Hacks Deal** a charming fictional prize full of raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this captivating masterpiece conducts readers on a mental journey, well unraveling the hidden tunes and profound affect resonating within each carefully constructed phrase. Within the depths of this emotional assessment, we will examine the book is central harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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