

# 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 Today

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## **Sleep Hacks Today:**

Eventually, you will extremely discover a further experience and success by spending more cash. nevertheless when? get you understand that you require to get those all needs subsequent to having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more going on for the globe, experience, some places, taking into account history, amusement, and a lot more?

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