

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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Michael Hoelscher



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Journal ,2005 **New Venture Creation: Entrepreneurship for the 21st Century** Jeffrey Timmons,Rob Adams,Stephen Spinelli,2015-02-06 New Venture Creation Entrepreneurship for the 21st Century is about the process of getting a new venture started growing the venture successfully harvesting it and starting again The book presents the substantial body of knowledge about the entrepreneurial process in a pragmatic way through text case studies and hands on exercises to help readers compress their learning curves reduce their ultimate risk and pain and allow them to gain more from their subsequent entrepreneurial experiences PC/Computing ,1999 **Computer Buyer's Guide and Handbook** ,2001

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