

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 This Month Returns

SB Merriam



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Annual Report Michigan. Board of State Auditors,1897 *Spaulding v. Steel*, 126 MICH 253 (1901) , 138 **Joint Documents of the State of Michigan** Michigan,1884 Annual Report of the Board of State Auditors for the State of Michigan for the Year ... Michigan. Board of State Auditors,1884 **House documents** ,1879 Documents Accompanying the Journal of the House of Representatives Michigan,1893 Documents Accompanying the Journal of the House Michigan. Legislature,1892 *Documents Communicated to the Senate and House of Representatives* ,1892
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International Record of Medicine and General Practice Clinics Edward Swift Dunster,James Bradbridge Hunter,Frank Pierce Foster,Charles Eucharist de Medicis Sajous,Gregory Stragnell,Henry J. Klaunberg,Félix Martí-Ibáñez,1884 Report of the Executive Council of Iowa of Expenses and Disposition of Fees and Moneys Collected by State Officers and Institutions Iowa. Executive council,1899 **The National Magazine; A Monthly Journal of American History** ,1885

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