

# 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

**Perry W. Buffington**



## **Sleep Hacks Today:**

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Sleep Hacks Today**

In a global inundated with monitors and the cacophony of immediate connection, the profound energy and mental resonance of verbal artistry often disappear in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the lyrical pages of **Sleep Hacks Today**, a captivating perform of literary elegance that pulses with raw feelings, lies an memorable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that interesting opus manuals viewers on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect its captivating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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