

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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Richard Bailey



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Big Book of Windows Hacks Preston Gralla, 2007 This useful book gives Windows power users everything they need to get the most out of their operating system its related applications and its hardware **Nature Magazine** ,1925 An illustrated monthly with popular articles about nature **.Hack** Laura Parkinson, 2003 BradyGames hack Part 3 Outbreak Official Strategy Guide provides a comprehensive walkthrough for the continued journey in The World Expert boss strategies are also included along with an item trading list and bestiary stats for all enemies Dungeon maps pinpoint every treasure portal and Gott Statue Equipment item skills lists and more This product is available for sale in North America only

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