

# 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 Week Install

**John Bonner, George William  
Curtis, Henry Mills Alden, Samuel  
Stillman Conant, Montgomery  
Schuyler, John Foord, Richard Harding  
Davis, Carl Schurz, Henry Loomis  
Nelson, John Kendrick Bangs, George  
Brinton McClellan Harvey, Norman  
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