

# 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 Deal

**A Gutmann**



## **Sleep Hacks Deal:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Sleep Hacks Deal** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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