

# 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 Ideas

**Terry C. Jones**



## **Sleep Hacks Ideas:**

## Whispering the Techniques of Language: An Mental Journey through **Sleep Hacks Ideas**

In a digitally-driven world wherever screens reign supreme and immediate communication drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within words frequently move unheard. However, set within the pages of **Sleep Hacks Ideas** a fascinating literary prize blinking with organic feelings, lies a fantastic quest waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the cloth of each and every word. Within the psychological depths of this moving review, we can embark upon a sincere exploration of the book is primary subjects, dissect its interesting publishing type, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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