

# 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 Month Returns

**Jicheng Xie**



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*Joint Documents of the State of Michigan* Michigan,1884      **Annual Report** Michigan. Board of State Auditors,1897  
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**The Tax Payers' Guide** Joseph J. Lewis,1864      *International Record of Medicine and General Practice Clinics* Edward Swift Dunster,James Bradbridge Hunter,Frank Pierce Foster,Charles Eucharist de Medicis Sajous,Gregory Stragnell,Henry J. Klaunberg,Félix Martí-Ibáñez,1884      *The National Magazine; A Monthly Journal of American History* ,1885      Irish Monthly Magazine ,1882

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