

# 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 Latest

**Lingjun Ying**



## **Sleep Hacks Latest:**

Eventually, you will totally discover a further experience and finishing by spending more cash. nevertheless when? pull off you give a positive response that you require to acquire those every needs in imitation of having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more almost the globe, experience, some places, taking into consideration history, amusement, and a lot more?

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