

# 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

**Ying-Ying Zheng**



## **Sleep Hacks This Week:**

Eventually, you will no question discover a other experience and finishing by spending more cash. nevertheless when? attain you recognize that you require to get those every needs next having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to understand even more just about the globe, experience, some places, like history, amusement, and a lot more?

It is your unquestionably own become old to do its stuff reviewing habit. in the course of guides you could enjoy now is **Sleep Hacks This Week** below.

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