

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

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M Mark



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5x5 Training Supplements Guide Adrian Antoni Kirkham, 2026-02-01 *5x5 Training Supplements Guide* What to Take What to Skip and How to Eat for Real Strength Gains You already train hard You run 5x5 You show up and put weight on the bar The next question is simple How do you fuel this kind of training without wasting money wrecking recovery or falling for supplement hype This book is the answer *5x5 Training Supplements Guide* The Strength Nutrition Blueprint is the follow up to *5x5 Training The No BS Strength Blueprint* It covers the missing half of the equation nutrition recovery and supplements that actually support heavy repeatable training No miracle stacks No influencer formulas No anabolic blends Just a clear system built around one rule Real food and sleep first Supplements last Inside this guide you ll learn The Strength Nutrition Pyramid Real Food Sleep Supplements Which supplements actually work for strength and why Creatine protein magnesium vitamin D caffeine simple dosing and timing The supplements that waste your money and deliver nothing How to eat for 5x5 training without tracking every gram Carb intake for lifters no keto myths no junk bulking Recovery signals most lifters ignore until progress stalls Nutrition strategies for your 20s 30s 40s and beyond Sleep stress and hormone basics that directly affect strength Label reading rules that protect your wallet and your health This book is written for lifters who want results without turning nutrition into a second job Everything is built around repeatable habits that survive real life work stress limited time and inconsistent motivation You ll find Simple meal structures that support heavy training Clear supplement stacks for different goals and budgets Decision rules that stop you from buying useless products Recovery checklists that explain plateaus before you blame the program There is no dogma here No one perfect diet Just principles that work under a barbell If your lifts feel heavy your recovery feels slow or your supplement cabinet keeps growing while your numbers don t this guide shows you exactly what to fix and in what order This book is for you if You run 5x5 or other heavy barbell programs You want strength that keeps progressing not stalling You re tired of supplement marketing and conflicting advice You want nutrition that supports training instead of fighting it *5x5 Training Supplements Guide* The Strength Nutrition Blueprint is part of the Strength Field Guide Series Lift hard Eat real Sleep deep Then repeat stronger

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