

# 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 Deal

**Marion Harry Spielmann**



## **Sleep Hacks Deal:**

## Whispering the Secrets of Language: An Mental Journey through **Sleep Hacks Deal**

In a digitally-driven world wherever screens reign great and immediate connection drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words often go unheard. However, situated within the pages of **Sleep Hacks Deal** a fascinating literary treasure sporting with raw emotions, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, this wonderful opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the cloth of each word. Within the emotional depths with this poignant evaluation, we can embark upon a sincere exploration of the book is primary subjects, dissect its charming writing model, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

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