

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

**Conquer Training**  
Lifestyle - Health - Sculpting

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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 Last 90 Days Download

**Jin-Ying Zhang**



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web jun 1 2017 a vehicle donation receipt is a formal record that documents the charitable gift of an automobile also known as a vehicle donation bill of sale it is essential paperwork that should be given to all donors upon the acceptance of a vehicle donation

**how to write a letter to a charity for a car donation** - May 05 2023

web your charity car donation should be accompanied by a letter from you that outlines the condition of the car its estimated worth and your contact information most importantly your letter should also include a request for a statement of sale to include with your tax deductions at tax time