

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 Last 90 Days Download

Rosina Ehmann



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Mind Hacks for the Modern Age Kunal Nihore, Reclaim Your Focus in a World Designed to Distract You Your mind isn't broken It's overloaded In today's always connected world distraction is no longer accidental it's engineered Notifications endless scrolling and constant information overload are quietly eroding your ability to think clearly focus deeply and perform at your best Mind Hacks for the Modern Age is a practical science informed guide to rebuilding focus mental clarity and cognitive control without extreme routines digital detoxes or unrealistic discipline This book doesn't rely on motivation or willpower Instead it shows you how to work with your brain not against it What You'll Learn Inside How modern technology hijacks attention and how to defend against it Simple techniques to sharpen focus and eliminate mental fog How to work in alignment with your brain's natural energy cycles Proven strategies to reduce cognitive overload and distraction Methods to enter deep focus and flow states more consistently Practical habits that build long term mental clarity and performance Each chapter introduces a clear actionable technique grounded in neuroscience cognitive psychology and real world application No gimmicks No exaggerated promises Just tools that work in real life Who This Book Is For This book is ideal for Students preparing for competitive exams Professionals struggling with concentration and burnout Creators and writers who need deep focus to do their best work Anyone who feels mentally scattered in a digital first world You don't need to overhaul your life Small changes applied consistently can reshape how your mind works A Clearer Mind Is Your Greatest Advantage Focus is no longer optional it's a competitive edge If you're ready to reclaim your attention think more clearly and perform at a higher level in a distracted world this book will show you how

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Mojo ,2006

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