

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 Latest

Marco Cascella



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web out the time this project will do so using a by showing each decimal digit of sexagesimal time as a binary value this design will be primarily functioning on logic gates and would involve the use of several basic components that include but are not limited to integrated circuits or ics light emitting diodes leds and resistors

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