

# 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

**Anthony S. Fauci**



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web simply type crontab filename eg crontab textfile txt alternatively you can also start it from within php just put your cron job into a file and start it via exec like so file put contents textfile txt 15 usr local bin php q path to my file php exec

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web jul 24 2023 click on the function php file from the theme files option on the right side of the page add the following lines of code right after php into your theme's function php file add action cloudways new cron cw function function cw function wp mail email protected cloudways cron cloudways a managed cloud hosting

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