

# 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 Sleep Hacks Guide

**James Hack Tuke, Sir Edward Fry**



## **Sleep Hacks Sleep Hacks Guide:**

## Whispering the Techniques of Language: An Emotional Journey through **Sleep Hacks Sleep Hacks Guide**

In a digitally-driven world wherever monitors reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words often move unheard. However, set within the pages of **Sleep Hacks Sleep Hacks Guide** a interesting fictional treasure blinking with natural emotions, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the psychological depths with this emotional evaluation, we will embark upon a sincere exploration of the book is key themes, dissect their captivating publishing fashion, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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