

# 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

# Tok Trending Sleep Hacks Ideas

**RD Boyd**



## **Tok Trending Sleep Hacks Ideas:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Tok Trending Sleep Hacks Ideas** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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