

# 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 Weekly Ad Best

**Fabian Franklin, Harold de Wolf Fuller**

**Sleep Hacks Weekly Ad Best:**

Farmer's Weekly ,1922    **Printers' Ink** ,1904    Advertisers Weekly ,1926    **Sales Management** ,1926    **Rock Island Employes' Magazine** ,1928    Advertiser's Weekly ,1926    **The Farmer's Weekly** ,1923    *Christian Weekly* ,1906    Collier's Once a Week ,1912    Harper's Weekly John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1870    Japan Weekly Mail ,1897    **New Zealand Farmer Weekly** ,1923    **Bakers Weekly** ,1930    Viereck's the American Weekly ,1915    Billboard Music Week ,1929    Goodwin's Weekly ,1915    **The Weekly Review** Fabian Franklin,Harold de Wolf Fuller,1921    **The Billboard** ,1926    **Current** ,1884    **Printers' Ink; the ... Magazine of Advertising, Management and Sales** ,1904

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