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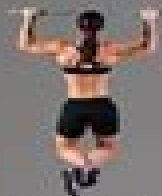
Sleep in a dark room
w/cool temperature



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

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Take This Stuff and Hack It! Dave Prochnow, 2006 This guide shows how 30 common household items can be hacked and tweaked into products totally different than what the manufacturer intended Garage and basement tinkerers will get fully illustrated coverage of which products are hackable how to hack them and how to convert them into some unique fun stuff

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America ,1889 **Frank Leslie's Illustrated Newspaper** John Albert Sleicher, 1883 **The Journalist** ,1892

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