

12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

Conquer Training

Lifestyle - Health - Sculpting



Sleep in a dark room
w/cool temperature



Sleep with a
pillow between knees



Don't go to bed
thirsty



Have a consistent
bed time



Stay active
during the day



Avoid late
caffeine

@Marcus_Rice



Avoid blue light
before bed



Sip on some decaf
tea in evening



Write a to-do list
for next day before bed



Wind down/relax an
hour before sleep



Try a kiwi
before bed

Sleep Hacks Update On Sale

Michal Rosen-Zvi

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(sides=2), the significance level is 0.05, and the test is to compare the difference between two means ($\mu_1 - \mu_2$) against 0 ($H_0 \dots$)