

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 Last 90 Days Returns

Briton Hadden, Henry Robinson Luce



Sleep Hacks Last 90 Days Returns:

Frank Leslie's Illustrated Newspaper John Albert Sleicher, 1887 *The Therapeutic Gazette* William Brodie, Carl Jungk, Francis Edward Stewart, John J. Mulheron, Albert Brown Lyons, Robert Meade Smith, Horatio C. Wood, Hobart Amory Hare, Edward Martin, 1883 **New York Medical Journal** , 1889 *Annual Report* Michigan. Board of State Auditors, 1900
British Medical Journal , 1884 **Northwestern Lancet** , 1894 **The Pharmacology of the Newer Materia Medica** , 1892 **The Florida Agriculturist** , 1892 **Soaring** , 1972 **Popular Mechanics** , 1975-03 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *Weekly World News* , 1999-04-20 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site *House documents* , 1891 *Michigan Farmer and State Journal of Agriculture* , 1911 *Railway Review* , 1882 **Popular Science** , 1975-08 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *The Lancet* , 1870 *Forest and Stream* , 1893 **Time** Briton Hadden, Henry Robinson Luce, 1996 *Popular Science* , 1961-06 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *The Breeder's Gazette* , 1895

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