

# 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

# Uber Sleep Hacks This Week

**Puja Mehta**

## Uber Sleep Hacks This Week:

**Hacking Life** Joseph M. Reagle, Jr., 2020-02-18 In an effort to keep up with a world of too much life hackers sometimes risk going too far Life hackers track and analyze the food they eat the hours they sleep the money they spend and how they're feeling on any given day They share tips on the most efficient ways to tie shoelaces and load the dishwasher they employ a tomato shaped kitchen timer as a time management tool They see everything as a system composed of parts that can be decomposed and recomposed with algorithmic rules that can be understood optimized and subverted In Hacking Life Joseph Reagle examines these attempts to systematize living and finds that they are the latest in a long series of self improvement methods Life hacking he writes is self help for the digital age s creative class Reagle chronicles the history of life hacking from Benjamin Franklin s Poor Richard s Almanack through Stephen Covey s 7 Habits of Highly Effective People and Timothy Ferriss s The 4 Hour Workweek He describes personal outsourcing polyphasic sleep the quantified self movement and hacks for pickup artists Life hacks can be useful useless and sometimes harmful for example if you treat others as cogs in your machine Life hacks have strengths and weaknesses which are sometimes like two sides of a coin being efficient is not the same thing as being effective being precious about minimalism does not mean you are living life unfettered and compulsively checking your vital signs is its own sort of illness With Hacking Life Reagle sheds light on a question even non hackers ponder what does it mean to live a good life in the new millennium

**The School for Scandal a comedy in five acts by Richard Brinsley Sheridan, mit einer Einleitung und erklärenden Anmerkungen von Otto Dickmann**

Richard Brinsley Sheridan, 1873 *Vollständigstes englisch-deutsches und deutsch-englisches Handwörterbuch* Friedrich Köhler, 1889 *Surgery, Gynecology & Obstetrics* Franklin Henry Martin, 1910 *The Lancet*, 1889 *Englisch-deutsches Wörterbuch amerikanischer Zeitwort-Idiome* Josef L. Novotny, 1980 **Dictionary of the English and German Languages** Friedrich Köhler, 1894 *T.P.'s Weekly*, 1905 *Medical Record* George Frederick Shrady, Thomas Lathrop Stedman, 1897 *Muret-Sanders Encyclopaedic English-German and German-English Dictionary* Eduard Muret, 1899

*The Australian Journal*, 1879 *The Medical times*, 1845 **Encyklopädisches englisch-deutsches u. deutsch-englisches Wörterbuch ...** Eduard Muret, 1891 *The Athenaeum*, 1888 **Athenaeum and Literary Chronicle**, 1888 *Medical Times*, 1845 *The Publishers Weekly*, 1945 *The Daily Crimson*, 1888 *Publishers Weekly*, 1945 **International Index to Recorded Poetry** Herbert H. Hoffman, 1983

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