

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

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Hussin A.Rothana



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Popular Mechanics ,2000 **Business Week** ,2005 **Popular Science** ,1950 **The Year's Best Science Fiction** Gardner R. Dozois,2003 Widely regarded as the one essential book for every science fiction fan The Year s Best Science Fiction Winner of the 2002 Locus Award for Best Anthology continues to uphold its standard of excellence with more than two dozen stories representing the previous year s best SF writing This year s volume includes Ian R MacLeod Nancy Kress Greg Egan Maureen F McHugh Robert Reed Paul McAuley Michael Swanwick Robert Silverberg Charles Stross John Kessel Gregory Benford and many other talented authors of SF as well as thorough summations of the year and a recommended reading list *The Guardian Index* ,2002

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