

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 Top

Marcel A. Müller

Sleep Hacks Top:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Sleep Hacks Top** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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Sleep Hacks Top Introduction

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