

# 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

**James A. O'Brien, George M. Marakas**

**Sleep Hacks Update:**

## Whispering the Techniques of Language: An Mental Quest through **Sleep Hacks Update**

In a digitally-driven world where monitors reign supreme and instant connection drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases usually get unheard. However, set within the pages of **Sleep Hacks Update** a charming literary prize pulsating with organic thoughts, lies an extraordinary journey waiting to be undertaken. Published by a skilled wordsmith, this enchanting opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the psychological depths with this emotional evaluation, we will embark upon a heartfelt exploration of the book is key themes, dissect their interesting publishing model, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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