

# 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 Top

**Kurt D. Singer**



## **Sleep Hacks Top:**

Eventually, you will certainly discover a further experience and completion by spending more cash. yet when? attain you receive that you require to get those all needs in imitation of having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more concerning the globe, experience, some places, subsequently history, amusement, and a lot more?

It is your agreed own period to performance reviewing habit. in the middle of guides you could enjoy now is **Sleep Hacks Top** below.

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### **Sleep Hacks Top Introduction**

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