

# 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 Prices Returns

**Arturo Cuomo**

**Sleep Hacks Prices Returns:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Sleep Hacks Prices Returns**. This immersive experience, available for download in a PDF format (\*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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