

# 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 Ideas

**American Medical Association**



## **Sleep Hacks Ideas:**

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**What Do Dreams Do?** Sue Llewellyn,2020 Dreams are a puzzle We don t know what to make of them This book explores the evolutionary significance of dreaming its role in memory unconscious prediction creativity and psychiatric illness It will be compelling reading for anyone interested in psychology psychiatry consciousness and the arts **Sleep** Marie de Manacéine,1897

**Hacking the Curriculum: How Digital Skills Can Save Us from the Robots** Ian Livingstone,Shahneila Saeed,2016-04-28 Ian Livingstone is the Godfather of the British gaming industry In Hacking the Curriculum he and Shahneila Saeed explain the critical importance of coding and computing in modern schools and offer teachers and school leaders real practical guidance on how to improve their current provision to a generation of youngsters for whom digital skills are critical **The Sleeping Beauties** Suzanne O'Sullivan,2021-04-01 Shortlisted for the Royal Society Science Book Prize A gripping investigation into an extraordinary medical phenomenon from Wellcome Prize winning neurologist Suzanne O Sullivan To compare any book to a Sacks is unfair but this one lives up to it I finished it feeling

thrillingly unsettled and wishing there was more James McConnachie Sunday Times In Sweden refugee children fall asleep for months and years at a time In upstate New York high school students develop contagious seizures In the US Embassy in Cuba employees complain of headaches and memory loss after hearing strange noises in the night These disparate cases are some of the most remarkable diagnostic mysteries of the twenty first century as both doctors and scientists have struggled to explain them within the boundaries of medical science and more crucially to treat them What unites them is that they are all examples of a particular type of psychosomatic illness medical disorders that are influenced as much by the idiosyncratic aspects of individual cultures as they are by human biology Inspired by a poignant encounter with the sleeping refugee children of Sweden Suzanne O Sullivan travels the world to visit other communities who have also been subject to outbreaks of so called mystery illnesses From a derelict post Soviet mining town in Kazakhstan to the Mosquito Coast of Nicaragua via an oil town in Texas to the heart of the Maria Mountains in Colombia O Sullivan hears remarkable stories from a fascinating array of people and attempts to unravel their complex meaning while asking the question who gets to define what is and what isn't an illness Reminiscent of the work of Oliver Sacks Stephen Grosz and Henry Marsh *The Sleeping Beauties* is a moving and unforgettable scientific investigation with a very human face A study of diseases that we sometimes say are all in the mind and an explanation of how unfair that characterisation is Tom Whipple *The Times Books of the Year* **Sleep, Its Physiology, Pathology, Hygiene, and Psychology** ,1897 **The Generation of Ideas** Daniel Quentin Miller, Quentin Miller, 2005 Build writing skills while exploring themes central to your own life with Quentin Miller's *THE GENERATION OF IDEAS* Centered around the idea that the most important foundation for good college writing is the formation and development of ideas this book is an ideal resource to help you hone your writing skills **Illusions** James Sully, 1905

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