

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

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spending my next 30 years there was terrifying So evenings and weekends I turned my attention online I d been dabbling with building rudimentary websites learning online advertising channels and even running my own small marketing campaigns for other company s products to test the waters And that s what The Side Hustle Path is about finding a low risk way make more money If you re looking for a get rich quick scheme or the secret to overnight success you won t find it here But what you will find are 10 down to earth entrepreneurs who were once sitting in your same position They felt the same fears and uncertainties but took action anyway What are you waiting for Scroll up and download your copy now

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