

# 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

# Phonics Practice Sleep Hacks Tips

**Ying Liu**

## **Phonics Practice Sleep Hacks Tips:**

*The Balancing Act: An Evidence-Based Approach to Teaching Phonics, Reading and Writing* Dominic Wyse,Charlotte Hacking,2024-06-20 Dominic Wyse and Charlotte Hacking present a ground breaking account of teaching phonics reading and writing Created from a landmark study new research new theory and cutting edge teacher professional development this balanced approach to teaching seeks to improve all children s learning and therefore life chances The book dismantles polarised debates about the teaching of phonics and analyses the latest scientific evidence of what really works It shows in vivid detail how phonics reading and writing should be taught through the creativity of some of the best authors of books for children By describing lessons inspired by real books it showcases why the new approach is more effective than narrow phonics approaches The authors call for a paradigm shift in literacy education The chapters show how and why education policies should be improved on the basis of unique analyses of research evidence from experimental trials and the new theory and model the Double Helix of Reading and Writing It is a book of hope for the future in the context of powerful elites influencing narrow curricula narrow pedagogy and high stakes assessments The Balancing Act will be of interest to anyone who is invested in young children s development It is essential reading for teachers trainee teachers lecturers researchers and policy makers world wide who want to improve the teaching of reading and writing in the English language

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web section a electrical and installtion solar answer any three questions from this section 1 a with the aid of a sketch the loop in method used for wiring final lighting circuits 6 marks b explain why the following tests are carried out in installations

i polarity ii insulation resistance test iii earthing test 9 marks

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