

# 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 College Rankings Ideas

**Léo Pomar**



## **Sleep Hacks College Rankings Ideas:**

Eventually, you will extremely discover a additional experience and capability by spending more cash. nevertheless when? do you undertake that you require to acquire those every needs in the same way as having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more all but the globe, experience, some places, with history, amusement, and a lot more?

It is your agreed own mature to enactment reviewing habit. in the midst of guides you could enjoy now is **Sleep Hacks College Rankings Ideas** below.

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