

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



Avoid blue light
before bed



Sip on some decaf
tea in evening



Wind down/relax an
hour before sleep



Strength
Training



Write a to-do list
for next day before bed



Try a kiwi
before bed

@Marcus_Rice

Temu Sleep Hacks Guide

Michal Rosen-Zvi

Temu Sleep Hacks Guide:

Discover tales of courage and bravery in this empowering ebook, Stories of Fearlessness: **Temu Sleep Hacks Guide**. In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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