

# 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 This Month Login

**A Gutmann**



## Sleep Hacks This Month Login:

*Database Backed Web Sites* Philip Greenspun, 1997 From the creator of *Travels With Samantha* and *The Bill Gates Wealth Clock* comes this title that Internet geeks will know well At once a book on how to do sites the Greenspun way and an intermediate high end tutorial this book shows how to implement a Relational Database backed Web site Popular Science Monthly and World's Advance ,1900 The Cybergypsies Indra Sinha, 1999 THE CYBERGYPSIES describes one man s exploration of cyberspace over many years and the folk he meets on the Net the cybergypsies virus writers hackers witches sex peddlars conmen net vamps randy paratroopers posing as girls the A bomb blueprints he was offered for sale He recounts with startling honesty how he nearly lost everything because of his obsession with the Net and how the Net can be as dangerous and destructive as any drug addiction However the author also shows how the Internet can be used for positive aims as he describes how he fought for human rights with desperate appeals for the Kurdish refugees in the wake of the Gulf War and justice for Bhopal s gas victims in campaigns involving Jeffrey Archer and Don McCullin **Frank Leslie's Popular Monthly** Frank Leslie, 1876 **Illustrations of the Influence of the Mind Upon the Body in Health and Disease** Daniel Hack Tuke, 1884 *Illustrations of the influence of the mind upon the body in health and diseases* Daniel Hack Tuke, 1884 *The American Monthly Magazine* ,1911 *The Gas Engineer's Magazine* ,1898 **The West Shore** ,1890 Journal of Railway Appliances and Railway Price Current ,1891 The American Robert Ellis Thompson, Wharton Barker, 1883 The Popular Science Monthly ,1900 **Railway Review** ,1883 *Appletons' Popular Science Monthly* William Jay Youmans, 1900 **The Australasian Pastoralists' Review** ,1896 *The Pacific Monthly* ,1901 **American Illustrated Magazine** ,1876 **Allen's Indian mail and register of intelligence for British and foreign India** ,1874 **Forest and Stream** ,1893 **Gas Age** ,1899 Includes summaries of proceedings and addresses of annual meetings of various gas associations L C set includes an index to these proceedings 1884 1902 issued as a supplement to *Progressive age* Feb 15 1910

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