

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

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Xiang Xie

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Johnson's New Universal Cyclopædia Frederick Augustus Porter Barnard,1876 **The Family Herald** ,1874 **Space Buyers' Guide Number** ,2000 **Family Herald** ,1874 **The Illustrated London News** ,1884 **The Parliamentary Debates (official Report[s])** ... Great Britain. Parliament,1886 **Editor & Publisher Market Guide** ,2002 Frank Leslie's Pleasant Hours ,1875 **Boston Medical and Surgical Journal** ,1882 The Boston Medical and Surgical Journal ,1882 **The Boston Medical and Surgical Journal** George B. Shattuck Abner Post ,1882 **The Lancet** ,1885
Time Briton Hadden, Henry R. Luce,1942 *Blackwood's Edinburgh Magazine* ,1882 **Cobbett's Parliamentary Debates** Great Britain. Parliament,1886 *Parliamentary Debates* ,1886 *The Train Dispatcher* ,1932 The Billboard ,1950 **Hansard's Parliamentary Debates** Great Britain. Parliament,1886 *International Record of Medicine and General Practice Clinics* Frank Pierce Foster,1888

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