

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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N Nodding

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Your Happiness Was Hacked Vivek Wadhwa, Alex Salkever, 2018-06-26 Technology is a great servant but a terrible master This is the most important book ever written about one of the most significant aspects of our lives the consequences of our addiction to online technology and how we can liberate ourselves and our children from it Dean Ornish M D Founder President Preventive Medicine Research Institute Clinical Professor of Medicine UCSF Author The Spectrum Technology your master or your friend Do you feel ruled by your smartphone and enslaved by your e mail or social network activities Digital technology is making us miserable say bestselling authors and former tech executives Vivek Wadhwa and Alex Salkever We ve become a tribe of tech addicts and it s not entirely our fault Taking advantage of vulnerabilities in human brain function tech companies entice us to overdose on technology interaction This damages our lives work families and friendships Swipe driven dating apps train us to evaluate people like products diminishing our relationships At work we e mail on average 77 times a day ruining our concentration At home light from our screens is contributing to epidemic sleep deprivation But we can reclaim our lives without dismissing technology The authors explain how to avoid getting hooked on tech and how to define and control the roles that tech is playing and could play in our lives And they provide a guide to technological and personal tools for regaining control This readable book turns personal observation into a handy action guide to adapting to our new reality of omnipresent technology

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Primitive Methodist ,1897

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Saturday Review of Literature ,1930

Notes and Queries ,1900

Scientific American ,1920 Monthly

magazine devoted to topics of general scientific interest

The Agricultural Gazette and Modern Farming ,1897

Decorative Furnisher ,1949

The Scottish Law Review and Sheriff Court Reports ,1902 Vols 29 47 1913 1931 and

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The New York Times Book Review ,1991-10 Presents extended reviews of noteworthy

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Efficient Democracy William Harvey Allen,1907

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From Language to Multimodality Carys Jones,Eija Ventola,2008-12-31 This book shares the recent debates by systemic functional linguistics and other linguistic forums Its principal focus is on how we use language to make meaning of the world on how the systems and structures of the ideational function of language represent the realisation of our experiences of the world around us

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