

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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Frank Steward

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Christian Herald and Signs of Our Times ,1881 **Cassell's household guide** Cassell, ltd,1877 The Essential 1999

Women's Health Guide ,1999 **UNIX Hints & Hacks** Kirk Waingrow,1999 Written by the lead UNIX administrator for Disney s Imagineering Studios this book delivers one of a kind information to intermediate and experienced computer users Waingrow explores creative ways of effectively applying technology in a variety of scenarios combining new tricks with old UNIX commands

The Good Health Fact Book : a Complete Question-and-answer Guide to Getting Healthy and Staying Healthy Reader's Digest Association (Canada),1992 *The Air Traveler's Survival Guide* Frank Steward,2001-08-23 Some of the funniest and most outrageous things happen at 35 000 feet Written by a seasoned flight attendant who has seen it all and loves what he does especially all the interesting and compelling characters he encounters in the air Appropriately penned under the name of A Frank Steward the book is dedicated to the people who smile and thank you for your trash Consisting of 68 short two to eight page stories of what really goes on in the air this book includes everything from observations on the intriguing in flight behaviour of different nationalities to handling passengers with special requests One of the most entertaining books ever written on air travel guaranteed to keep readers laughing and crying for hours A great read while waiting in airports or on a flight where you will most likely recognise many of the characters and acquire renewed appreciation for the work of your cabin crew

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