

# 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

# Sleep Hacks Cd Rates Last 90 Days

**Michael Brown**

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The Software Encyclopedia ,1986    *The Illustrated London News* ,1858    **CD Review** ,1994    Harper's Weekly  
John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard  
Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman  
Hapgood,1885    **New York Magazine** ,1997-05-12 New York magazine was born in 1968 after a run as an insert of the  
New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With  
award winning writing and photography covering everything from politics and food to theater and fashion the magazine s  
consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New  
York as both a place and an idea    **The Ladies' Home Journal** Louisa Knapp,Edward William Bok,1895    Billboard  
,1959-02-09 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events  
brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about  
the latest music video gaming media digital and mobile entertainment issues and trends    **Motorboating - ND** ,1937-01  
Microworlds ,1995-02    *National Stockman and Farmer* ,1896    *Computer Gaming World* ,1994    *The Billboard*  
,1927    *The Black Diamond* ,1908    **School Library Journal** ,2010    **Canadian Periodical Index** ,1998    Collier's  
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