

# 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 Week Login

**RC Schank**



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Eventually, you will entirely discover a additional experience and achievement by spending more cash. yet when? realize you undertake that you require to get those all needs subsequently having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more not far off from the globe, experience, some places, taking into account history, amusement, and a lot more?

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