

# 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



Strength  
Training



Write a to-do list  
for next day before bed



Wind down/relax an  
hour before sleep



Try a kiwi  
before bed

# Sleep Hacks Update Promo

**N Nodding**

## Sleep Hacks Update Promo:

**Hacker and Moore's Essentials of Obstetrics and Gynecology** Neville F. Hacker, Joseph C. Gambone, Calvin J. Hobel, 2010 Rev ed of Essentials of obstetrics and gynecology edited by Neville F Hacker J George Moore Joseph C Gambone 4th ed c2004    *Army and Navy Register*, 1923    *Furniture World and Furniture Buyer and Decorator*, 1945    **Good Housekeeping**, 2007    *New Scientist*, 1995    **New Scientist and Science Journal**, 1985    *Scientific American*, 1920 Monthly magazine devoted to topics of general scientific interest    **The Crusade**, 1883    *5000 Criminal Definitions, Terms and Phrases* Charles Williams Fricke, 1949    *Army-Navy-Air Force Register and Defense Times*, 1923    **American Journalism Review**, 2002    *Web Metrics* Jim Sterne, 2002-07-01 There now exists a wealth of tools and techniques that can determine if and how a Web site is providing business value to its owners This book is a survey of those metrics and is as important to IT executives as it is to marketing professionals Jim Sterne is recognized worldwide as a leading Internet business expert and is the author of several Wiley books including *WWW Marketing* Third Edition 0 471 41621 5 Explains the criteria for building a successful site surveying the tools services techniques and standards for Web measurement and fully integrating those metrics with the customer experience Companion Web site contains links to online tools resources and white papers    *Modern Plastics*, 1953 The Catalog directory forming the October number from 1936 to 1939 was replaced by Modern plastics catalog separately issued 1941    *Essentials of Marketing* William D. Perreault, Edmund Jerome McCarthy, 2003    *Marketing*, 1960    **Hardware World**, 1947    *Indian Review of Books*, 1995    **Canadian Government Railways Employees Magazine**, 1925    **Circuit Cellar Ink**, 1991    **Analog Science Fiction/science Fact**, 1991

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