

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 Update

Ying Liu



Sleep Hacks Update:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Sleep Hacks Update** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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