

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



Avoid blue light
before bed



Sip on some decaf
tea in evening



Wind down/relax an
hour before sleep



Strength
Training



Write a to-do list
for next day before bed



Try a kiwi
before bed

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Terry C. Jones

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