

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 Setup

Andrew Sheppard

Sleep Hacks Update Setup:

[Biohacking for Entrepreneurs and High Achievers: How to Upgrade Your Body and Mind for Maximum Results](#) Silas

Mary,2025-02-11 What if you could fine tune your body and mind for peak performance Biohacking is the science of optimizing your biology to achieve more think faster and stay ahead of the competition This book unveils the latest biohacking techniques used by elite entrepreneurs and top performers to boost energy enhance brain function and increase longevity From sleep optimization and nootropics to intermittent fasting and cold exposure you ll learn the science backed hacks that give you an edge Whether you re looking to maximize productivity improve recovery or simply operate at a higher level every day this book provides the roadmap to upgrading your performance and becoming the best version of yourself

Skype Hacks Andrew Sheppard,2006 Tips tools for cheap fun innovative phone service Cover **Upgrade Your Habits,**

Upgrade Your Life - The Science Behind Habit Transformation Ahmed Musa ,2025-03-09 Upgrade Your Habits

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Windows 8 Hacks Preston Gralla,2012-12-12 First edition

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