

# 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



Write a to-do list  
for next day before bed



Wind down/relax an  
hour before sleep



Try a kiwi  
before bed

# Sleep Hacks Act Practice Last 90 Days

**AN Whitehead**

## Sleep Hacks Act Practice Last 90 Days:

*The Lancet* ,1870    *International Record of Medicine and General Practice Clinics* Frank Pierce Foster,1889    **The Lancet London** ,1870    *Popular Mechanics* ,1944-06 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle    **Frank Leslie's Illustrated Newspaper** John Albert Sleicher,1875    **Golden Days for Boys and Girls** ,1893    Gateway Wing ,1998    **Popular Science** ,1975-08 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better    *Boys' Life* ,1953-07 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting    **The Rod and Gun and American Sportsman** ,1873    **The Illustrated sporting & dramatic news** ,1876    **Comfort** ,1891    **Journal of United Labor** Knights of Labor,1893    *Michigan Christian Advocate* ,1893    **English Mechanic and Mirror of Science and Art** ,1883    *English Mechanic and World of Science* ,1883    **The Illustrated London News** ,1880    **Youth's Companion** ,1900    **American Law and Lawyers** ,1945    *Scientific American* ,1886 Monthly magazine devoted to topics of general scientific interest

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