

# 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 Financial Aid Guide

**M Mosston**

## Sleep Hacks Financial Aid Guide:

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web solution 8 more than 8 number  $x$  so the algebraic expression is  $8x$  or  $x + 8$  practice problem 1 use the tables above to translate the following english phrases into algebraic expressions again let  $x$  the unknown number a number increased by 7 one third of a number a number times 9

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web translating a sentence or statement into an algebraic equation is an important stuff which is much required to solve word problems in math let us see how to translate the information given in a word problem into an algebraic expression or equation in the following examples example 1

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web translate each word phrase into an algebraic expression 1 the difference of 20 and 4 2 the quotient of  $10x$  and 3 solution 1 the key word is difference which tells us the operation is subtraction look for the words of and and to find the numbers to

subtract the difference of 20 and 4 20 minus 4 20 4 2

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web the main key when solving word problems with algebraic sentences is to accurately translate the algebraic expressions then set up and write each algebraic equation correctly in doing so we can ensure that we are solving the right equation and as a result will get the correct answer for each word problem

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