

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

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Adam Rush

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OS X Mountain Lion All-in-One For Dummies Mark L. Chambers, 2012-08-22 The big new book on Apple's big new cat OS X Mountain Lion The 800 pages in this value packed guide cover everything you need to know to get the most out of OS X Mountain Lion Eight minibooks are packed with detailed information covering essential topics such as OS X basics customizing and sharing creating digital hubs using iWork networking advanced functions and more You'll learn how to keep your system safe with the amazing new Gatekeeper integrate Twitter and Facebook into your Mac life get your head in the iCloud and a host of other cool and practical new functions Features eight minibooks Introducing OS X Customizing and Sharing the Digital Hub Using iWork the Typical Internet Stuff Networking in OS X Expanding Your System and Advanced OS X Covers new OS X features that bring more of the iOS experience to the Mac desktop including Messages Notes Reminders Notification Center Power Nap Twitter and Facebook integration Gatekeeper Dictation and Game Center Shows you how to search with Spotlight backup and restore your system with iCloud tweak images with iPhoto go Hollywood with iMovie create websites use FaceTime turn your Mac into a DVD theatre and jam with GarageBand and iTunes Explains how to stay secure go wireless expand your system troubleshoot problems and much more If you want one book for all things OS X Mountain Lion you'll want OS X Mountain Lion All in One For Dummies

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Chambers,2004-01-16 An in depth For Dummies guide to the latest Mac OS X version code named Panther seven minibooks with more than 700 pages of fun and easy tips tricks and techniques Approximately five million users have already upgraded to Mac OS X and that number is expected to double within a year Covers Panther basics personalizing the desktop getting on the Internet using Apple Mail setting up multiuser accounts and going digital with iTunes iPhoto iMovie and iDVD Also explores building a network upgrading a system discovering Unix and more including thorough coverage of all the Panther enhancements and new features Bestselling author Mark Chambers has written more than fifteen computer books **Mac OS X Leopard All-in-One Desk Reference For Dummies** Mark L. Chambers,2009-04-29

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