

# 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

@Marcus\_Rice

# Sleep Hacks Prices

**Laura Parkinson**

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