

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

**Conquer Training**  
Lifestyle - Health - Sculpting

@Marcus\_\_Rice



Sleep in a dark room  
w/cool temperature



Have a consistent  
bed time



Avoid blue light  
before bed



Strength  
Training



Sleep with a  
pillow between knees



Stay active  
during the day



Sip on some decaf  
tea in evening



Write a to-do list  
for next day before bed



Don't go to bed  
thirsty



Avoid late  
caffeine



Wind down/relax an  
hour before sleep



Try a kiwi  
before bed

## Sleep Hacks This Week Best Price

**M Walker**



## **Sleep Hacks This Week Best Price:**

Farmer's Weekly ,1934      *The Backpackers Guide to Koh Samui* Travel World, Don t just visit Koh Samui conquer it This is the only guide you need to explore Thailand s most famous island on a backpacker s budget We ve crammed everything you need to know into one place find the cheapest hostels eat the best street food rent a scooter and discover hidden waterfalls and party until sunrise at the legendary beach clubs Packed with insider tips budget hacks and essential safety advice this guide from Travel World will help you create an adventure you ll never forget Your epic journey starts now

The Weekly Live Stock Report ,1903      **The Exchange and Mart** ,1871      **The country** ,1877      **Harper's Weekly**  
John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard  
Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman  
Hapgood,1869      *The Farmer's Weekly* ,1937      *The Lancet* ,1883      Good Housekeeping Magazine ,1887

**Pick-me-up** ,1895      **MotorBoating** ,1932-05      *The Breeder's Gazette* ,1895      **Science and Industry** ,1897  
**The National Live-stock Journal** ,1880      **Live Stock Journal** ,1897      **The Churchman** ,1900      Popular  
Recitations ,1886      *New Zealand Farmer Weekly* ,1937      **Puck** ,1887      **Illustrated Sporting & Dramatic News**  
,1915

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