

# 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 Update

**Sabine Zange**

**Sleep Hacks Update:**

Yeah, reviewing a books **Sleep Hacks Update** could be credited with your close associates listings. This is just one of the solutions for you to be successful. As understood, endowment does not suggest that you have wonderful points.

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- Integration of Multimedia Elements
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