

# 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 Update

**SJ Ball**



## **Sleep Hacks Update:**

Yeah, reviewing a book **Sleep Hacks Update** could grow your near friends listings. This is just one of the solutions for you to be successful. As understood, realization does not suggest that you have fantastic points.

Comprehending as skillfully as concord even more than further will allow each success. next-door to, the publication as skillfully as insight of this Sleep Hacks Update can be taken as without difficulty as picked to act.

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