

# 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 Ideas Returns

**Bledar Lika**

## Sleep Hacks Ideas Returns:

**Never to Return** Marjorie McArdell Davey, 2014-07-30 Characters in this book are fictional and have no relation to boys who were sent to Point Puer. It is a fascinating story of those 7000 boys mostly teenagers who passed through this childrens prison across the bay from Port Arthur. Only three ever escaped. This story is an account of what might have happened to them. *The Alcohol Reset* Bledar Lika, Alcohol is not a character flaw. It's a neurochemical loop. And once you understand it the craving dissolves. The Alcohol Reset is a modern science based guide for people who want to stop drinking not through shame labels or willpower but by restoring the brain and nervous system that alcohol quietly disrupts. This book is for Functional drinkers who feel stuck flat or exhausted. High performers who drink to cope with stress. Anyone tired of being told they must hit rock bottom to change. Readers who want science not slogans. Inside you'll discover Why alcohol hijacks dopamine, GABA and stress hormones. Why willpower fails and what actually works. What happens in the brain and body when you stop drinking. How sleep, anxiety, mood and motivation recover naturally. The hidden hormonal effects on libido, energy and confidence. How to quit safely gradually or all at once without ego or fear. How to rebuild pleasure, focus and emotional strength. How to design a life that no longer needs alcohol. This is not a rehab manual. This is not an ideology. This is a biological reset. Written in a calm, intelligent voice. The Alcohol Reset blends neuroscience, physiology and real world clarity into a book that feels less like recovery and more like coming home to yourself. If you've ever wondered whether alcohol is quietly costing you more than you realize, this book will give you the answer and the way forward.

## Spirit Hacking

**Shaman Durek**, Dave Asprey, 2019-10-15 This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves. Dave Asprey author of the New York Times bestseller *The Bulletproof Diet*. Silicon Valley investor and technology entrepreneur. In *Spirit Hacking* Shamanic Keys to Reclaim Your Personal Power. Transform Yourself and Light Up the World. Shaman Durek a sixth generation shaman shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity and strength. Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout the age of darkness we are currently experiencing and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective as individuals step out of darkness and begin to experience the light we bring our loved ones and communities out of the shadows as well. Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet Proof Coffee founder Dave Asprey. *Spirit Hacking* shatters readers complacency giving them tools to navigate the tumultuous times in which we

find ourselves We will emerge from this period happier lighter and more vibrant than ever before     *Sleep Hacker*  
Transcend Your Limits,2022-02-21 Your sleep is broken The chances are you re NOT sleeping as well as you could In fact  
MOST of us just aren t sleeping as well as we could be and this is showing up in various forms People are feeling too tired to  
work depressed and weak throughout the day And this is usually one or two things that you re doing WRONG that are  
stopping your body entering the deep sleep stage it needs to restore and recover Over the last few years I ve collected  
several highly effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast  
SLEEP BETTER We ve collected dozens of tips bits of information and methods or techniques for improving your sleep and  
going to sleep faster FEEL BETTER If you practice these techniques you ll fall asleep better and feel much better in the  
morning Lots of people complain of not getting enough sleep or not sleeping well enough so we ve collected the tips that can  
help you SLEEP FASTER Another common concern is people can t seem to fall asleep FAST enough so we ve collected some  
information on how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good  
when you wake up in the morning We ve spent months collecting the best and most effective tips and tricks for sleeping  
better so you can enjoy your life more Scroll up or down and order your copy now and get started improving your sleep  
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less likely to get or stay depressed You ll be more creative There are LITERALLY thousands of benefits of getting better sleep  
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improve your sleep and feel better These things have been tried and tested by many people and work fast for almost  
everyone What you ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don t get  
enough How your mattress position and settings really make a big difference to how well your body is able to sleep It s not  
what you expect How raising your bed a few inches at the headboard end can supercharge digestion and immune  
regeneration and impact your dreams How to wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT  
feeling tired This is so useful and you ll be able to DECIDE how to live your mornings now How to reset your natural body  
clock in one simple process It s a challenge but it WORKS A natural and effective way to stop snoring so you can experience  
less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park  
so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your  
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to sleep in less than 9 minutes Over 50 unusual strange sleep tips explained in great detail I don t want to give away too  
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Stress is an inevitable part of being lawyer and it can even be a positive force it can help you push through long hours or meet tough targets However when stress becomes excessive it can be damaging to individuals and to firms leading to mental and physical sickness lack of morale or a desire to take on additional responsibility and worse The problem is widespread According to a Law Society survey 95% of lawyers have some negative stress in their jobs and 17% say that this is extreme Lawyers feel overloaded with work unappreciated isolated and unsupported many complain of unattainable targets poor pay and long hours And while many firms say they have programmes in place that are geared towards improving the wellbeing of staff 66% of lawyers say they would be concerned about reporting feelings of stress to their employer because of the stigma involved Nobody wishes to be seen as a weak link in the chain of a professional practice A solution won't be found overnight This book is designed to encourage lawyers and firms to think more about the question of stress how to recognise it in others and themselves and how to take action before it becomes excessive It is written for lawyers everywhere regardless of location or career level

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