12 HAGES TO LANGE THE BEST SLEEP OF YOUR LIFE

Conquer Training

@Marcus__Rice



Sleep in a dark room w/cool temperature



Have a consistent bed time





Stay active during the day



Avoid blue light before bed



Sip on some decaf tea in evening





Write a to-do list for next day before bed



Sleep with a

pillow between knees

Don't go to bed thirsty



Avoid late caffeine



Wind down/relax an hour before sleep



Try a kiwi before bed

Sleep Hacks Stagram Picks Top

Christina Joyce Hauser

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222 Ways to Trick Yourself to Sleep Kim Jones, 2019-03-14 Wide ranging backed by science and research informative and easy to understand this is a great book for the sleep deprived Lisa Artis The Sleep Council When was the last time you had a proper night's sleep In today's fast paced non stop world research by the UK's Sleep Council has found that almost a third of us don't get enough sleep most nights Insomnia can wreak havoc on everyday life leaving us feeling exhausted irritable and unwell Lack of sleep has also been linked to a whole host of long term chronic conditions including Type 2 diabetes heart disease stroke high blood pressure obesity and depression But don t despair help is at hand This book is packed with easy to read and simple to follow tips as well as some weird and wonderful tricks all gathered from expert scientific research that will help you fall asleep and stay asleep You may be surprised to learn that everything from having a purpose in life to warming your feet from what you eat through the day to how you breathe from how much time you spend outdoors to reframing your thoughts and mindset can all help you get a better night's rest A good night's sleep can help change your life for the better and this book will help you to achieve it Futureproof Davinia Taylor, 2025-05-22 Two time number one Sunday Times bestseller and biohacking pioneer Davinia Taylor turns her attention to longevity in her brand new book Future proof In this book Davinia shares her own experience of lowering her biological age and feeling younger and healthier than she did ten years ago Futureproof is broken down into five sections covering everything you need to know to do the same with simple and sustainable lifestyle changes It will show you how to TACKLE INFLAMMATION BUILD MUSCLE EAT MORE PROTEIN GET MOBILE MANAGE STRESS This empowering and practical book will help you to feel amazing now and keep you healthy for a long and happy life You deserve to feel resilient and full of energy in every decade and Future proof will empower you with all the tools you need to thrive iPhone: The Missing Manual David Poque, 2018-11-06 The iPhone XS XS Max and XR aren t just faster and more powerful than ever they re also better at all of the things you use an iPhone for With the latest edition of this bestselling guide you get a funny gorgeously illustrated guide to the tips shortcuts and workarounds that will turn you into an iPhone master This easy to use book will also get you up to speed on all iOS 12 features including new Siri shortcuts Group FaceTime and improved parental controls Missing Manual series creator and former New York Times columnist David Poque helps you accomplish everything from web browsing to watching videos You ll get up to speed on features such as Dual SIM Support that lets you use two lines on one phone and True Tone technology that adjusts the display to your environment Pick up this beautiful full color book and learn how to get the most out of your iPhone **Producing 101** Liz Gill, 2025-10-16 This book offers a step by step exploration of a Producer's on set responsibilities within the context of creating a TV series or feature film Being a successful Producer requires you to have an intimate understanding of global finances law union rules and negotiating The role also requires solid filmmaking skills from scriptwriting to scheduling casting to cutting and sound mixing to marketing But most important of all these skills is

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