

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



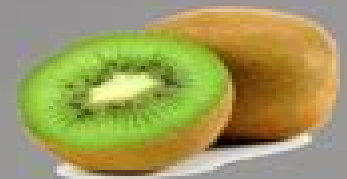
Don't go to bed thirsty



Avoid late caffeine



Wind down/relax an hour before sleep



Try a kiwi before bed

Weekly Ad Sleep Hacks Ideas

Jason Scotts



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for an overnight trip what to do on board whom to tip and how much This new fourth edition includes a new chapter about eight major railway stations and is updated throughout with new information and photographs It discusses Amtrak s new locomotives and Viewliner sleeping cars changes in rules regarding pets and bicycles on American trains and much more Jim Loomis writes frequently about train travel for Sunday newspaper travel sections and has ridden every one of Amtrak s long distance trains multiple times logging nearly 200 000 miles He is a member of the board of directors of the National Association of Railroad Passengers

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