

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



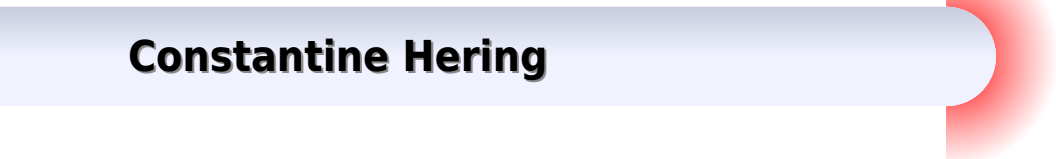
Wind down/relax an
hour before sleep



Try a kiwi
before bed

Sleep Hacks Ideas

Constantine Hering



Sleep Hacks Ideas:

Eventually, you will very discover a supplementary experience and achievement by spending more cash. nevertheless when? attain you take that you require to get those all needs once having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more as regards the globe, experience, some places, in the manner of history, amusement, and a lot more?

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