

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 Guide

D Siedentop



Sleep Hacks Guide:

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lyra s oxford represented the glimmer of hope within my depressed and hungry mind following the completion of the amber spyglass with great respect for mr pullman s writing ability as shown in his previous three books of the his dark materials saga i thought that he would do what many great authors have done in the past and end the series after the sad but

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