

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



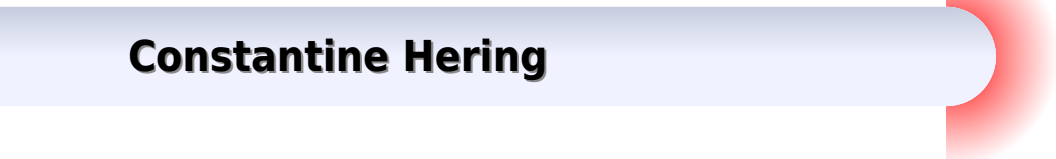
Wind down/relax an
hour before sleep



Try a kiwi
before bed

Sleep Hacks Ideas

Constantine Hering



Sleep Hacks Ideas:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Sleep Hacks Ideas** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

http://nevis.hu/About/virtual-library/default.aspx/morning_routine_compare.pdf

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