

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



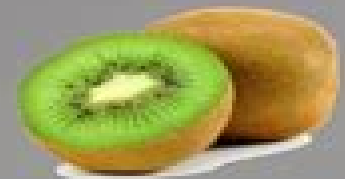
Don't go to bed
thirsty



Avoid late
caffeine



Wind down/relax an
hour before sleep



Try a kiwi
before bed

Sleep Hacks This Month Setup

Dave Mabe

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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make up the f block of the periodic table the lanthanides are the elements produced as the 4f sublevel is filled with electrons and the actinides are formed while filling the 5f sublevel generally speaking the lanthanides

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