

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

Trevor Clinger



Sleep Hacks Ideas:

Eventually, you will unconditionally discover a extra experience and deed by spending more cash. nevertheless when? pull off you consent that you require to get those every needs gone having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more regarding the globe, experience, some places, once history, amusement, and a lot more?

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