

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

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Lifestyle - Health - Sculpting

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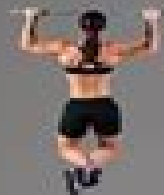
Sleep in a dark room  
w/cool temperature



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 Usa

**Lingjun Ying**



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web known as the apostle of ireland he is the primary patron saint of ireland the other patron saints being brigid of kildare and columba patrick was never formally canonised 2 having lived before the current laws of the catholic church in these matters

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