# 12 HAGES TO LANGE THE BEST SLEEP OF YOUR LIFE

Conquer Training

@Marcus\_\_Rice



Sleep in a dark room w/cool temperature



Have a consistent bed time



Avoid blue light before bed



Strength



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



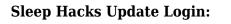
Wind down/relax an hour before sleep



Try a kiwi before bed

# **Sleep Hacks Update Login**

**Alex Marlow** 



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