# 12 HAGES TO LANGE THE BEST SLEEP OF YOUR LIFE

Conquer Training

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Sleep in a dark room w/cool temperature



Have a consistent bed time





Stay active during the day



Avoid blue light before bed



Sip on some decaf tea in evening





Write a to-do list for next day before bed



Sleep with a

pillow between knees

Don't go to bed thirsty



Avoid late caffeine



Wind down/relax an hour before sleep



Try a kiwi before bed

# **Cd Rates Sleep Hacks Guide**

**Lingjun Ying** 

### **Cd Rates Sleep Hacks Guide:**

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