

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 Returns

Linda Leigh



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The Hahnemannian Monthly ,1892 **Monthly Homoeopathic Review** ,1880 **Putnam's Monthly** ,1856
Putnam's Monthly Magazine of American Literature, Science and Art ,1856 *Provings and Clinical Observations with High Potencies* Malcolm Macfarlan,1894 **The Homoeopathic Physician** ,1892 Scribners Monthly ,1878
Scribner's Monthly, an Illustrated Magazine for the People ,1882 THE MONTH A CATHOLIC MAGAZINE AND REVIEW The Month A Cathoplic Magazine and Review VOL.XLVIII May-August ,1883,1883 Documents Accompanying the Journal of the House Michigan. Legislature,1898 **Joint Documents of the State of Michigan** Michigan,1879
The Hahnemannian Monthly ,1907 **Annual Report** Michigan. Board of State Auditors,1897 **Joint Documents of the State of Michigan for the Year ...** Michigan,1898 **Documents Accompanying the Journal of the House of Representatives** Michigan,1893 *Homœopathic News* ,1892 **Annual Report of the Board of State Auditors for the State of Michigan for the Year ...** Michigan. Board of State Auditors,1889 *The National Magazine; A Monthly Journal of American History* ,1885 House documents ,1884 **Locke's National Monthly** ,1872

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