

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 Today

RD Boyd



Sleep Hacks Today:

Eventually, you will categorically discover a other experience and skill by spending more cash. still when? realize you agree to that you require to acquire those every needs considering having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more with reference to the globe, experience, some places, past history, amusement, and a lot more?

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