

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

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Camilla Rothe



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The Age of Steel ,1897 *Better Homes and Gardens* ,1936 **Consumer Behavior** James F. Engel,Roger D. Blackwell,Paul W. Miniard,1993 **Iron and Machinery World** ,1897 *The Illustrated Carpenter and Builder* ,1880 *Good Housekeeping* ,1936 Takomiad Surazeus Astarius,2017-09-24 Takomiad of Surazeus Goddess of Takoma presents 125 667 lines of verse in 2 590 poems lyrics ballads sonnets dramatic monologues eulogies hymns and epigrams written by Surazeus 1984 to 1992 **Popular Science** ,1977-03 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better *A Dream of Conquest* Lloyd Bryce,1889 **Lippincott's Monthly Magazine** ,1889 **Allen's Indian mail and register of intelligence for**

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