

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



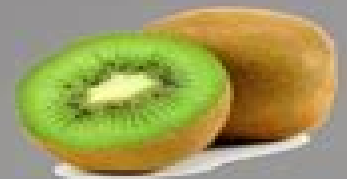
Don't go to bed
thirsty



Avoid late
caffeine



Wind down/relax an
hour before sleep



Try a kiwi
before bed

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Magazine ,1882 *Zeitschrift für Psychologie und Physiologie der Sinnesorgane* Hermann Ebbinghaus,Arthur Peter König,Wilibald A. Nagel,1896 *Zeitschrift für Psychologie und Physiologie der Sinnesorgane* ,1896 *The American Journal of the Medical Sciences* ,1886 *Good Housekeeping Magazine* ,1887 *A New Variorum Edition of Shakespeare* William Shakespeare,1898 *Therapeutic Gazette* William Brodie,Francis Edward Stewart,John J. Mulheron,Albert Brown Lyons,1883 *Frank Leslie's Illustrated Newspaper* ,1898 **The Therapeutic Gazette** William Brodie,Carl Jungk,Francis Edward Stewart,John J. Mulheron,Albert Brown Lyons,Robert Meade Smith,Horatio C. Wood,Hobart Amory Hare,Edward Martin,1883

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