

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 Weekly Ad Usa

Jim Loomis

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the slide.

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All Aboard Jim Loomis, 2015-01-01 This comprehensive guide will assist the traveler in planning an excursion and executing it with minimum effort and maximum pleasure Library Journal *All Aboard* first published in 1995 and here completely revised and updated is much more than just a mile by mile scenery guide for train travelers It will make any trip smoother and more enjoyable with its insightful travel tips and information about how railroads operate With trains attracting new riders in record numbers the time is perfect for a new edition of *All Aboard* *All Aboard* is more than an ordinary travel guide The author tells us how and why the first railroads came about describes the building of America's trans continental railroad and explains how individual trains are operated He also offers advice that can only come from a veteran traveler booking trips finding the lowest fares avoiding pitfalls packing for an overnight trip what to do on board whom to tip and how much This new fourth edition includes a new chapter about eight major railway stations and is updated throughout with new information and photographs It discusses Amtrak's new locomotives and Viewliner sleeping cars changes in rules regarding pets and bicycles on American trains and much more Jim Loomis writes frequently about train travel for Sunday newspaper travel sections and has ridden every one of Amtrak's long distance trains multiple times logging nearly 200 000 miles He is a member of the board of directors of the National Association of Railroad Passengers

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