

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

**Conquer Training**  
Lifestyle - Health - Sculpting

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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 Prices Install

**Gene Steinberg**



## Sleep Hacks Prices Install:

**Free Fall** Fern Michaels, 2014-01-16 Michaels rewrites the rules of the revenge game in this rousing thriller in the New York Times bestselling Sisterhood series following Lethal Justice Publishers Weekly Sooner or later the Sisterhood always gets their man The loyal friends who make up the Sisterhood have gathered at Myra Rutledge s beautiful Virginia home for the first time in a year eager to talk laugh and share their joys and heartaches For one of their number it s an evening filled with anticipation Because tonight over delicious food and in the company of those she trusts most it will finally be time to tell her story and for the Sisterhood to help plan her revenge Yoko Akia s mother was only fifteen when a wealthy man swept her off her feet with promises of love Instead he filled her brief life with horror and misery The Sisterhood has helped each other exact vengeance on rotten men before but this time it s different Their target is none other than America s favorite movie star a brute who has conned the world into believing he s Mister Perfect But he s about to learn that nobody not even a powerful superstar is above the Sisterhood s special brand of payback Series praise Spunky women who fight for truth justice and the American way Fresh Fiction on Final Justice Readers will enjoy seeing what happens when well funded very angry women take the law into their own hands Booklist on Weekend Warriors Delectable deliver s revenge that s creatively swift and sweet Michaels style Publishers Weekly on Hokus Pokus *Motorboating* - ND ,1935-01 Motor Boat ,1922

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