

12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

Conquer Training
Lifestyle - Health - Sculpting

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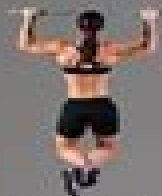
Sleep in a dark room
w/cool temperature



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 Guide

Latin reader



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our immunity even our mental and physical health As our best efforts to help ourselves fail or perpetuate the problem we can feel disillusioned disempowered and frustratingly stuck You re not alone and there is a way through This six week step by step guide will help you sleep easy Bernice Tuffery fed up after years of compromised sleep made it her mission to learn how to sleep well again She d tried early nights warm baths a bit of yoga and meditation but nothing worked Even natural supplements over the counter sleep aids melatonin and at times sleeping pills failed to deliver a sustainable solution As a qualitative market researcher she was determined to know how to sleep naturally again She discovered a proven natural and very learnable way to improve chronic sleep difficulties Cognitive Behavioural Therapy for insomnia CBTi is recognised internationally by sleep experts as the gold standard treatment for insomnia But with a lack of awareness a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia it s hard and expensive to access From her discussions with sleep professionals extensive research and her lived experience of restoring her own sleep Bernice shares her knowledge with humour and heart Confident that CBTi can be self taught she offers this practical and inspiring insiders guide to getting a good night s sleep

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Whispering the Secrets of Language: An Psychological Journey through **Sleep Hacks Guide**

In a digitally-driven earth where monitors reign supreme and instant communication drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases usually get unheard. However, nestled within the pages of **Sleep Hacks Guide** a captivating literary treasure pulsating with organic emotions, lies a fantastic quest waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus invites visitors on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the psychological depths with this touching evaluation, we can embark upon a honest exploration of the book is primary subjects, dissect their fascinating publishing design, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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