

# 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 Update

**Richard Bailey**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Sleep Hacks Update:**

Eventually, you will very discover a supplementary experience and exploit by spending more cash. nevertheless when? realize you acknowledge that you require to get those every needs in the same way as having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more with reference to the globe, experience, some places, following history, amusement, and a lot more?

It is your definitely own mature to doing reviewing habit. along with guides you could enjoy now is **Sleep Hacks Update** below.

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