

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 Compare

H Kauffman



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vulcano ist mit 20 87 km² die drittgrößte und südlichste der liparischen inseln mit einer entfernung von rund 20 km zur nordküste von sizilien zur volkszählung 2001 hatte die insel 715 einwohner der größte ort ist vulcano porto mit 361 einwohnern gefolgt von vulcano piano mit 287 und vulcanello mit 49 einwohnern

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