

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

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Lingsheng Yao



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web implements a standard promotion system based on points 1000 maximum clearly names promotion authority for sgt thru sgm agr t 32 ensure that the best qualified soldier is promoted boards are centralized or decentralized 7 promotion authority the chief national guard bureau cngb for agr title 10 the state ag convening and

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web overview of promotion point categories the below table summarizes changes to point values red reflects point reductions green reflects point increases department of the army office of the deputy chief of staff g 1 300 army pentagon washington dc 20310 0300 dape za g memorandum for see distribution

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web mar 12 2016 how does the army national guard promotion system work i just re enlisted into the national guard yesterday from the army reserve i m reclassing from 74d to 11b the problem i encountered in the reserve was sitting on the promotable list for months on end after my packet was approved without getting a slot