

SLEEP HACK:

- WAKE UP @ SAME TIME
- GO TO BED @ SAME TIME
- NO CAFFEINE AFTER 12:00 PM!
- NO BIG MEALS 2 HRS BEFORE BED

SLEEP SUPPLEMENT STACK:

- | | |
|--------------|------------|
| - MAGNESIUM | - INOSITOL |
| - L-THEANINE | - GLYCINE |

NOW ENJOY BETTER SLEEP

@CAPARATA_NURO

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