

# 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 Ideas Tutorial

**SB Merriam**



## **Sleep Hacks Ideas Tutorial:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Sleep Hacks Ideas Tutorial**

In a global inundated with monitors and the cacophony of fast interaction, the profound power and mental resonance of verbal artistry often fade in to obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, nestled within the musical pages of **Sleep Hacks Ideas Tutorial**, a interesting work of literary beauty that pulses with raw thoughts, lies an memorable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this mesmerizing opus guides readers on a mental odyssey, delicately exposing the latent possible and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key styles, dissect its charming writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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