

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 Guide

Andrew M. Pomerantz



Sleep Hacks Guide:

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The Essential Touring Cyclist: A Complete Guide for the Bicycle Traveler, Second Edition Richard Lovett, 2000-12-18 The classic guide for beginning and intermediate cyclists is back, and it's better than ever. With the latest on bikes, gear, and training techniques, and new sections on short tours and touring abroad, this new edition of *The Essential Touring Cyclist* promises to appeal to a whole new population of aspiring cyclists. Whether you're heading out for five hours or five months, this vividly designed, heavily illustrated, and resource-rich guide delivers everything you need.

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