

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

## Conquer Training

Lifestyle - Health - Sculpting



Sleep in a dark room  
w/cool temperature



Sleep with a  
pillow between knees



Don't go to bed  
thirsty



Have a consistent  
bed time



Stay active  
during the day



Avoid late  
caffeine



Avoid blue light  
before bed



Sip on some decaf  
tea in evening



Wind down/relax an  
hour before sleep



Strength  
Training



Write a to-do list  
for next day before bed



Try a kiwi  
before bed

@Marcus\_Rice

# Sleep Hacks Last 90 Days Tutorial

**American Medical Association**

## Sleep Hacks Last 90 Days Tutorial:

*HowExpert Guide to Music Festivals* HowExpert, Lydia Endel, 2020-09-11 If you want to learn how to survive and thrive and have an epic music festival experience then get *HowExpert Guide to Music Festivals* This guide is written by Lydia Endel who has real life knowledge passion and experience in exploring many different music festivals This book will educate people who are new to the music festival scene on how to survive and thrive at their next festival The music festival world can be a little bit intimidating at first glance so this guide is specifically for anyone looking to learn from someone with real life experience and knowledge to feel more confident about booking their next festival ticket This book is split into 101 most essential tips for any festival goer to consider before booking their next festival In Part 1 you will discover how to choose your festival and ticket type choose your accommodation and airfare how to pack and how to prepare your mind body budget and game plan In Part 2 you will learn how to make the most of every moment how to act right how to settle in and make friends and how to keep you and your friends safe In Part 3 you will get essential tips on healing your body and mind after the festival By the end of this book you will be fully prepared to confidently book your next festival ticket and immerse yourself in the beautiful unique culture of the music festival world Get *HowExpert Guide to Music Festivals* today About the Expert Lydia Endel attended the University of Hawaii at Manoa at which she graduated with a BA degree in English Literature She now lives in Honolulu Hawaii and spends her time writing traveling the world and attending as many music festivals as possible along the way You can keep up with her on Instagram [lydia endel](#) to follow her past and present travels and music festival adventures HowExpert publishes quick how to guides on all topics from A to Z by everyday experts

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