

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

Daniel Quentin Miller, Quentin Miller

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Sleep Hacks Ideas:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Sleep Hacks Ideas** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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