

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

@Marcus_Rice



Avoid blue light
before bed



Sip on some decaf
tea in evening



Write a to-do list
for next day before bed



Wind down/relax an
hour before sleep



Try a kiwi
before bed

Sleep Hacks Ideas

B Lingard

Sleep Hacks Ideas:

Uncover the mysteries within is enigmatic creation, **Sleep Hacks Ideas** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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