

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

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Marco Cascella



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Michigan Farmer and State Journal of Agriculture ,1908 **Soaring** ,1972 **The Judge** ,1924 Boys' Life ,1953-07 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting British Medical Journal ,1884 **Normal Instructor** ,1906 The Century Dictionary Supplement ,1909 Collier's ,1922 *Normal Instructor and Teachers World* ,1906

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Illustrated Weekly Journal ,1915 *Medical Record* George Frederick Shrady,Thomas Lathrop Stedman,1917

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streamlined body shape often large size and exclusively carnivorous diet

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currently 42 species of dolphins and seven species of porpoises dolphins are marine mammals they must surface to breathe air and give birth to live young a dolphin pregnancy last between nine and 16 months

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