

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 Last 90 Days Open Now

Ensheng Dong

Sleep Hacks Last 90 Days Open Now:

Popular Mechanics, 1994-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Comfort**, 1906

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Magazine, 1929 *The Railroad Telegrapher*, 1908 **Railroad Telegrapher**, 1908 **The Chronicle**, 1887

Hunter-trader-trapper, 1923 **Science and Invention** Hugo Gernsback, Arthur M. Lynch, Joseph H. Kraus, 1929

The Illustrated London News, 1875 *The Billboard*, 1926 *Ladies' Home Companion*, 1922 **Our Generation**, 1970 **Forest and Stream**, 1894 **Atkinson's Evening Post, and Philadelphia Saturday News**, 1923 SCC Library has 1974 89 plus scattered issues *The Canadian Countryman*, 1928 **The Eclectic Magazine**, 1882

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