

# 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 Same Day Delivery Open Now

**Christian G. Meyer**



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To-day's Cinema News and Property Gazette ,1913      Velo News ,1999      **Motor Transport** ,1929      *The Bricklayer,*  
*Mason and Plasterer* ,1915      **The British Australasian** ,1919      **Medical News and Abstract** ,1889      The Saturday  
Evening Post ,1923      *Hearst's International* ,1918      The Illustrated London News ,1884      **The Lancet** ,1888      **The**  
**Morning Star and Free Baptist** ,1908      Motorcycle Illustrated ,1913      **Billboard Music Week** ,1907      Railroad  
Brakemen's Journal ,1915      Michigan Farmer and State Journal of Agriculture ,1911      **The Railroad Trainman** Daniel  
L. Cease,1915      Atkinson's Evening Post, and Philadelphia Saturday News ,1928 SCC Library has 1974 89 plus scattered  
issues      **The Churchman** ,1908      **Science** John Michels (Journalist),1889 A weekly record of scientific progress      *The*  
*Motorcycle Illustrated* ,1913

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