

My Sleep Experiments

My Stress Levels Two Thursdays Before The Change



My Stress Levels Two Thursdays After The Change



The 4-7-8 Breathing Technique (Repeat 4 Times)

Inhale for 4 seconds	Hold for 7 seconds	Exhale for 8 seconds
Breathe in through the nose	Hold your breath	Exhale completely & slow through the mouth
Fill your lungs fully, but gently	Try to stay relaxed – don't tense up	Slightly purse your lips & make a whooshing sound

Activates the parasympathetic nervous system

Lowers heart rate and blood pressure

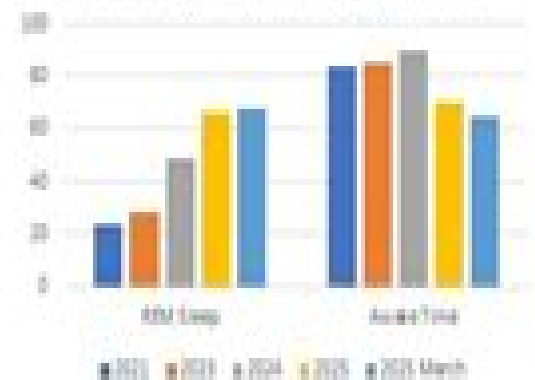
Helps quiet the amygdala and reduces mental chatter

Improvements in my Sleep Markers 2021-2025

Improvement in Total Sleep Time



REM & Awake Time Improvements



*All number in minutes. Data from 2022 missing due to not using the Oura Ring for a year

Sleep Hacks Ai Overview This Month

M Walker



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The American Monthly Review of Reviews ,1897 *Current Opinion* Edward Jewitt Wheeler, Frank Crane, 1923 **The Canadian Magazine** ,1922 **Canadian Magazine of Politics, Science, Art and Literature** ,1922 ... **First Phonetic French Course, with Language Lessons, Songs, and Vocabulary** Philip Hudson Churchman, Emil Frederic Hacker, 1923 *Monthly Index of Russian Accessions* Library of Congress. Processing Department, 1963 **Poetical Works of (Walter) Scott** Walter Scott, 1867* **Computers and Society** Ronald M. Baecker, 2019-04-24 The last century has seen enormous leaps in the development of digital technologies and most aspects of modern life have changed significantly with their widespread availability and use Technology at various scales supercomputers corporate networks desktop and laptop computers the internet tablets mobile phones and processors that are hidden in everyday devices and are so small you can barely see them with the naked eye all pervade our world in a major way Computers and Society Modern Perspectives is a wide ranging and comprehensive textbook that critically assesses the global technical achievements in digital technologies and how are they are applied in media education and learning medicine and health free speech democracy and government and war and peace Ronald M Baecker reviews critical ethical issues raised by computers such as digital inclusion security safety privacy automation and work and discusses social political and ethical controversies and choices now faced by society Particular attention is paid to new and exciting developments in artificial intelligence and machine learning and the issues that have arisen from our complex relationship with AI **The Saturday Review of Politics, Literature, Science and Art** ,1887 *Atkinson's Evening Post, and Philadelphia Saturday News* ,1922 SCC Library has 1974 89 plus scattered issues Veterinary Medicine ,1920 **Library Assistant** ,1929 Vols 1 18 34 40 include the 4th 30th 45th 51st 1888 99 1924 25 1940 46 reports of the Association of Assistant Libraries **The New Yorker** Harold Wallace Ross, William Shawn, Tina Brown, Katharine Sergeant Angell White, Rea Irvin, 1926 **The National Underwriter** ,1918 Yale Alumni Weekly ,1914 **Prisma World News Review** ,1988 Hung lou meng, or the dream of the red chamber Xueqin Cao, 1893 The Tragedy of Russia in Pacific Asia Frederick McCormick, 1909 The flight from Mukden Frederick McCormick, 1907 **French Idioms and Proverbs** De V. Payen-Payne, 1905

Sleep Hacks Ai Overview This Month Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Sleep Hacks Ai Overview This Month**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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