

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 Last 90 Days Sign In

Y Pai



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The sailor's pocket book sir Frederick George D. Bedford,1877 **Time** Briton Hadden,Henry Robinson Luce,1926 Reels for 1973 include Time index 1973 **The Century Dictionary and Cyclopedia: The Century dictionary ... prepared under the superintendence of William Dwight Whitney ... rev. & enl. under the superintendence of Benjamin E. Smith** ,1911 **Cosmopolitan** ,1917 *The Saturday Evening Post* ,1924 *Congressional Record* United States. Congress,1997 *The Texas Court Reporter* ,1902 Country Life ,1922 **Michigan Farmer and State Journal of Agriculture** ,1908 *Comfort* ,1921 Railroad Telegrapher ,1908 **The Railroad Telegrapher** ,1927 *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 Motion Picture Story Magazine ,1922 British Medical Journal ,1884 The South Western Reporter ,1915 Includes the decisions of the Supreme Courts of Missouri Arkansas Tennessee and Texas and Court of Appeals of Kentucky Aug Dec 1886 May Aug 1892 Court of Appeals of Texas Aug 1892 Feb 1893 Jan Feb 1928 Courts of Civil and Criminal Appeals of Texas Apr June 1896 Aug Nov 1907 Court of Appeals of Indian Territory May June 1927 Jan Feb 1928 Courts of Appeals of Missouri and Commission of Appeals of Texas *Soaring* ,1972 The Lancet ,1870 **Primary Education** ,1921 The Lancet London ,1870

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Table of Contents Sleep Hacks Last 90 Days Sign In

1. Understanding the eBook Sleep Hacks Last 90 Days Sign In
 - The Rise of Digital Reading Sleep Hacks Last 90 Days Sign In
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep Hacks Last 90 Days Sign In
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep Hacks Last 90 Days Sign In
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep Hacks Last 90 Days Sign In
 - Personalized Recommendations
 - Sleep Hacks Last 90 Days Sign In User Reviews and Ratings
 - Sleep Hacks Last 90 Days Sign In and Bestseller Lists
5. Accessing Sleep Hacks Last 90 Days Sign In Free and Paid eBooks
 - Sleep Hacks Last 90 Days Sign In Public Domain eBooks
 - Sleep Hacks Last 90 Days Sign In eBook Subscription Services
 - Sleep Hacks Last 90 Days Sign In Budget-Friendly Options
6. Navigating Sleep Hacks Last 90 Days Sign In eBook Formats
 - ePub, PDF, MOBI, and More
 - Sleep Hacks Last 90 Days Sign In Compatibility with Devices
 - Sleep Hacks Last 90 Days Sign In Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep Hacks Last 90 Days Sign In
 - Highlighting and Note-Taking Sleep Hacks Last 90 Days Sign In
 - Interactive Elements Sleep Hacks Last 90 Days Sign In
8. Staying Engaged with Sleep Hacks Last 90 Days Sign In

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Sleep Hacks Last 90 Days Sign In
- 9. Balancing eBooks and Physical Books Sleep Hacks Last 90 Days Sign In
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep Hacks Last 90 Days Sign In
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sleep Hacks Last 90 Days Sign In
 - Setting Reading Goals Sleep Hacks Last 90 Days Sign In
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sleep Hacks Last 90 Days Sign In
 - Fact-Checking eBook Content of Sleep Hacks Last 90 Days Sign In
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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