

# 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

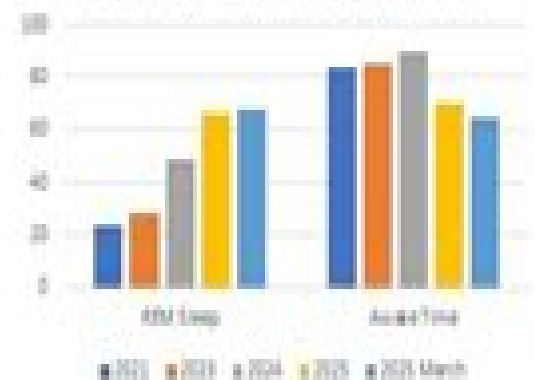
Helps quiet the amygdala and reduces mental chatter

## 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

# Scholarships Sleep Hacks Latest

**AW Rasmussen**



**Scholarships Sleep Hacks Latest:**

## **Scholarships Sleep Hacks Latest** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Scholarships Sleep Hacks Latest**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written 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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