

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

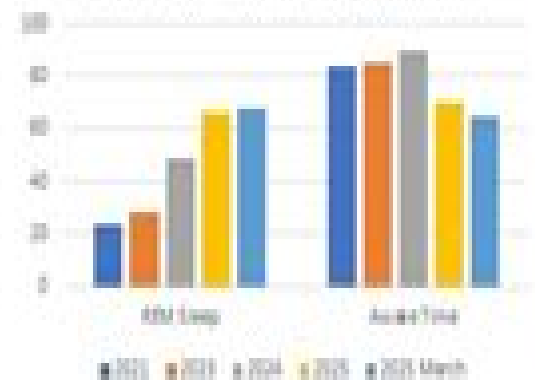
Helps quiet the amygdala and reduces mental chatter

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

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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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