

My Sleep Experiments

My Stress Levels Two Thursdays Before 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

My Stress Levels Two Thursdays After The Change

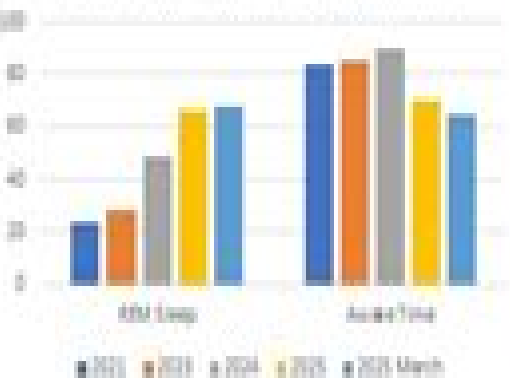


Improvements in my Sleep Markers 2021-2025

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 Latest On Sale**

1. Understanding the eBook **Sleep Hacks Latest On Sale**
 - The Rise of Digital Reading **Sleep Hacks Latest On Sale**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Sleep Hacks Latest On Sale**
 - 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 Latest On Sale**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Sleep Hacks Latest On Sale**
 - Personalized Recommendations
 - **Sleep Hacks Latest On Sale** User Reviews and Ratings
 - **Sleep Hacks Latest On Sale** and Bestseller Lists

5. Accessing Sleep Hacks Latest On Sale Free and Paid eBooks
 - Sleep Hacks Latest On Sale Public Domain eBooks
 - Sleep Hacks Latest On Sale eBook Subscription Services
 - Sleep Hacks Latest On Sale Budget-Friendly Options
6. Navigating Sleep Hacks Latest On Sale eBook Formats
 - ePub, PDF, MOBI, and More
 - Sleep Hacks Latest On Sale Compatibility with Devices
 - Sleep Hacks Latest On Sale Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep Hacks Latest On Sale
 - Highlighting and Note-Taking Sleep Hacks Latest On Sale
 - Interactive Elements Sleep Hacks Latest On Sale
8. Staying Engaged with Sleep Hacks Latest On Sale
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep Hacks Latest On Sale
9. Balancing eBooks and Physical Books Sleep Hacks Latest On Sale
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep Hacks Latest On Sale
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sleep Hacks Latest On Sale
 - Setting Reading Goals Sleep Hacks Latest On Sale
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sleep Hacks Latest On Sale
 - Fact-Checking eBook Content of Sleep Hacks Latest On Sale
 - 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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