# 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

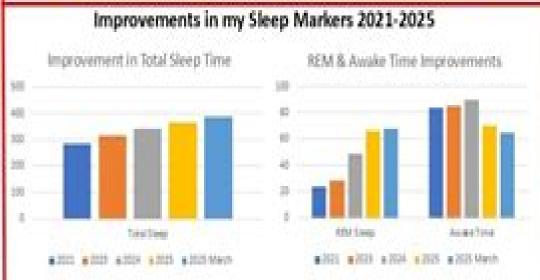
Lowers heart rate and blood pressure

Helps quiet the amygdala and reduces mental chatter

# My Stress Levels Two Thursdays After The Change







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

# **Snapchat Sleep Hacks Latest**

**Robert Browning** 

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Shots ,1920 Allgemeines Englisch-Deutsches und Deutsch-Englisches Wörterbuch Johann Gottfried Flügel, 1894 iParent Neha I Hiranandani, 2024-02-05 Born into a digital wonderland our children are practically mini hackers right from the crib Most of them were handed a device before they could walk they clicked before they took their first bite and scrolled before they said their first words But living online is a giant uncontrolled experiment Cyberbullying Internet addiction body dysmorphia and other digital villains lurk in the shadows How can parents ensure their kids navigate the digital world safely when there s no rulebook Neha J Hiranandani s iParent comes to the rescue This book decodes India s app generation and elevates the discussion beyond these kids and their phones Based on research candid conversations and personal reflection this timely book is a witty meditation on parenting in a digital world Hilarious and informative in equal measure iParent empowers you to connect with the new generation and guide them to cyber safety without being a Pervasive Computing Technologies for Healthcare Haridimos helicopter parent No judgement no preaching Kondylakis, Andreas Triantafyllidis, 2025-05-24 The two volume set LNICST 611 and LNICST 612 constitutes the refereed proceedings of the 18th EAI International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2024 held in Heraklion Crete Greece during September 17 18 2024 The 45 full papers included in these proceedings were carefully reviewed and selected from 120 submissions They were split in topical sections as follows Part I Patient Empowerment Artificial Intelligence Medical Imaging Education Part II Education mHealth and Telemonitoring 3rd IOT HR Workshop on Internet of Things in Health Research Posters Allgemeines Englisch-Deutsches und Deutsch-Englisches Wörterbuch Johann Gottfried Flügel, 1891 Chamber's English Dictionary, Pronouncing, Explanatory, and Etymological James Donald, 1879 The Cambridge Edition of the Poets: Browing ,1895 The Complete Poetic and Dramatic Works Robert Browning, 1895 The Complete Poetical Works of Browning Robert Browning, 1895 The Poetical Works of Browning Robert Browning, 1895 The Complete Poetical Works of Robert Browning Robert Browning, 1895 The Complete Poetical and Dramatic Works of Robert Browning Robert Browning, 1895 **Complete Poetical Works** Robert Browning, 1895 The Complete Poetic and Dramatic Works of Robert Browning Robert Browning, 1895

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