

SLEEP HACKS FOR BETTER HEALTH



ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

Fall Clearance Sleep Hacks Best

Alfred Emanuel Smith, Francis Walton

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Hacking Neuroplasticity Joyce Shaffer, 2024-11-29 Neuroplasticity is the ability of neural networks in the brain to change through growth and reorganization It is when the brain is rewired to function in some way that differs from how it previously functioned How does aging affect neuroplasticity As we grow older plasticity decreases to stabilize what we have already learned What influence does the aging process have on memory Forgetfulness can be a normal part of aging As people get older changes occur in all parts of the body including the brain As a result some people may notice that it takes longer to learn new things they don't remember information as well as they did or they lose things like their glasses This book on evolving neuroscience is unique in its lifespan focus on driving neuroplasticity in a positive direction to influence the Flynn effect of increasing human intelligence as the preferred way to prevent delay onset and or reverse dementia It considers potential impact from the first moments of life through end of life It includes intergenerational activities Its inclusion of centenarians and supercentenarians provides examples of Super Agers who have maintained and or increased neurocognitive capacity often with a health span that approximated their vigorous longevity It discusses the use of the Artificial Intelligence AI revolution to refine personalize and broaden our global reach to enhance the Flynn effect as the preferred effort to improve global statistics on neurocognitive functioning at any age Driving neuroplasticity in a positive direction at all ages is urgent With this book s focus on evidence based interventions at any age which can have physical emotional neurobiological neurochemical immunological and social health benefits it is a unique overview and application of evolving neuroscience to address the UN WHO Decade of Action for Healthy Ageing for All Take Care of Yourself Special Sale to Hdi Vickery, 1998-03-21 Literary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods, 1895 Mark Lane Express, 1898 Illustrated Sporting & Dramatic News ,1917 Pacific Rural Press, 1893 Billboard ,1948-03-20 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about Outlook Alfred Emanuel the latest music video gaming media digital and mobile entertainment issues and trends Smith, Francis Walton, 1889 The National Live-stock Journal ,1880 The Christian Union ,1889 Every Saturday ,1873 **The Christian Union** Henry Ward Beecher, 1889 The Cultivator & Country Gentleman ,1872 Live Stock Journal ,1893 Journal of Education ,1891 The Agricultural Gazette and Modern Farming, 1881 The South Australian Government Gazette South Australia, 1866 Live Stock Report ,1898 Frank Leslie's Illustrated Newspaper John Albert Sleicher, 1887 Railway Review ,1882

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