

Sleep Optimization

in the Digital Age
in Digital Age:

How Technology of the 21st Century is Changing the
Way We Sleep.

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Update Sleep Optimization

R Bogdan



Update Sleep Optimization:

The AFib Cure, Updated Edition John D. Day, T. Jared Brunch, 2025-05-20 Most doctors will tell you that there isn't much you can do to treat atrial fibrillation aside from taking medications for the rest of your life. Cardiologists and a fib specialist John D. Day and T. Jared Brunch disagree. Atrial fibrillation strikes one in four American adults. Not only do people suffering from this condition suffer from shortness of breath, fatigue, chest discomfort, decreased ability to exercise, and do activities of daily living, arrhythmia and palpitations, but their risk of a stroke, cognitive decline, and dementia, heart failure, or premature death also shoots way up. Today, a whole new body of research shows that biomarker and lifestyle optimization may put half the cases of atrial fibrillation into remission without drugs or procedures. And for those in whom these remedies are insufficient or not tolerated, new procedures in combination with biomarker and lifestyle optimization may offer lifetime remission from atrial fibrillation and its devastating consequences. In clear, accessible, patient-centric language, Drs. Day and Brunch share their revolutionary approach to treating atrial fibrillation, developed through a combined 53 years working with a fib patient. The effectiveness of their plan has been proven through countless medical studies. And now in *The AFib Cure: Get Off Your Medications, Take Control of Your Health, and Add Years to Your Life*, they share that plan with you. If you're looking for a drug-free solution to your atrial fibrillation or have a family history of atrial fibrillation and don't want to suffer the same fate, *The AFib Cure* is for you. Let *The AFib Cure* show you how to live longer, healthier, free from medications and free from the fear of atrial fibrillation overshadowing your life. [Unity 2017 Game Optimization](#) Chris Dickinson, 2017-11-22 Master a series of performance-enhancing coding techniques and methods that help them improve the performance of their Unity3D applications. About This Book Discover features and techniques to optimize Unity Engine's CPU cycles, memory usage, and the GPU throughput of any application. Explore multiple techniques to solve performance issues with your VR projects. Learn the best practices for project organization to save time through an improved workflow. Who This Book Is For This book is intended for intermediate and advanced Unity developers who have experience with most of Unity's feature set and who want to maximize the performance of their game. Familiarity with the C# language will be needed. What You Will Learn Use the Unity Profiler to find bottlenecks anywhere in your application and discover how to resolve them. Implement best practices for C# scripting to avoid common pitfalls. Develop a solid understanding of the rendering pipeline and maximize its performance by reducing draw calls and avoiding fill-rate bottlenecks. Enhance shaders in a way that is accessible to most developers, optimizing them through subtle yet effective performance tweaks. Keep your scenes as dynamic as possible by making the most of the Physics engine. Organize filter and compress your art assets to maximize performance while maintaining high quality. Discover different kinds of performance problems that are critical for VR projects and how to tackle them. Use the Mono Framework and C# to implement low-level enhancements that maximize memory usage and avoid garbage collection. Get to know the best practices for project

organization to save time through an improved workflow In Detail Unity is an awesome game development engine Through its massive feature set and ease of use Unity helps put some of the best processing and rendering technology in the hands of hobbyists and professionals alike This book shows you how to make your games fly with the recent version of Unity 2017 and demonstrates that high performance does not need to be limited to games with the biggest teams and budgets Since nothing turns gamers away from a game faster than a poor user experience the book starts by explaining how to use the Unity Profiler to detect problems You will learn how to use stopwatches timers and logging methods to diagnose the problem You will then explore techniques to improve performance through better programming practices Moving on you will then learn about Unity s built in batching processes when they can be used to improve performance and their limitations Next you will import your art assets using minimal space CPU and memory at runtime and discover some underused features and approaches for managing asset data You will also improve graphics particle system and shader performance with a series of tips and tricks to make the most of GPU parallel processing You will then delve into the fundamental layers of the Unity3D engine to discuss some issues that may be difficult to understand without a strong knowledge of its inner workings The book also introduces you to the critical performance problems for VR projects and how to tackle them By the end of the book you will have learned to improve the development workflow by properly organizing assets and ways to instantiate assets as quickly and waste free as possible via object pooling Style and approach This practical book will help readers understand the essentials of the Unity3D engine and how to build games while improving the performance of their applications [The Miracle Morning \(Updated and Expanded Edition\)](#) Hal Elrod,2023-12-14 HAL ELROD IS A GENIUS Robert Kiyosaki New York Times bestselling author Rich Dad Poor Dad Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book with more than 2 million copies sold This edition has more than 40 pages of new content including The Miracle Evening Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning The Miracle Life Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want Getting everything you want out of life isn t about doing more It s about becoming more Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they ve always wanted Now it s your turn Hal s revolutionary S A V E R S method is a simple effective step by step process to transform your life in as little as six minutes per day Silence Reduce stress and improve mental clarity by beginning each day with peaceful purposeful quiet Affirmations Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer Visualization Experience the power of mentally rehearsing yourself showing up at your best each day Exercise Boost your mental and physical energy in as little as 60 seconds Reading Acquire knowledge and expand your abilities by learning from experts Scribing Keep a journal to deepen gratitude gain insights track progress and increase your productivity by getting clear on your top priorities [Marine Technology and SNAME News](#)

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