

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

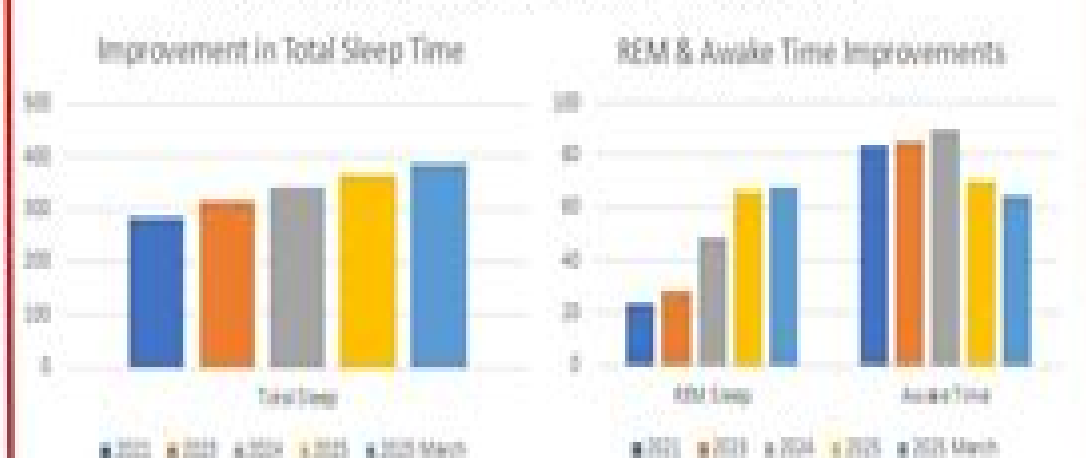
Lowers heart rate and blood pressure

Helps quiet the amygdala and reduces mental chatter

My Stress Levels Two Thursdays After The Change



Improvements in my Sleep Markers 2021-2025



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

Sleep Hacks Latest On Sale

Ahmed Musa



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InfoSec Career Hacking: Sell Your Skillz, Not Your Soul Chris Hurley, Johnny Long, Aaron W Bayles, Ed Brindley, 2005-06-02 InfoSec Career Hacking starts out by describing the many different InfoSec careers available including Security Engineer Security Analyst Penetration Tester Auditor Security Administrator Programmer and Security Program Manager The particular skills required by each of these jobs will be described in detail allowing the reader to identify the most appropriate career choice for them Next the book describes how the reader can build his own test laboratory to further enhance his existing skills and begin to learn new skills and techniques The authors also provide keen insight on how to develop the requisite soft skills to migrate from the hacker to corporate world The InfoSec job market will experience explosive growth over the next five years and many candidates for these positions will come from thriving hacker communities Teaches these hackers how to build their own test networks to develop their skills to appeal to corporations and government agencies Provides specific instructions for developing time management and personal skills to build a successful InfoSec career

Create Systems That Sell While Sleeping: Predictable Sales Through Smart Infrastructure Ahmed Musa, 2025-05-25 Let's be honest if you have to show up every day to make a sale you don't own a business You own a job with nicer fonts Create Systems That Sell While Sleeping Predictable Sales Through Smart Infrastructure is your no nonsense guide to building a machine that does the heavy lifting for you day and night without burnout babysitting or begging Inside you'll uncover The Invisible Engine method that turns leads into buyers on autopilot How to craft a customer journey that closes sales while you're binge watching Netflix The 3 systems every digital business needs to scale without stress Why funnels alone don't work and how to fix yours fast Email automation and evergreen offers done the right way This isn't another hustle harder handbook It's a freedom blueprint Want sales while you sleep Then build smarter not harder This book hands you the system that never clocks out

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and hungry innovators now can compete on price value quality speed convenience and service Billion Dollar Brand Club reveals the world of the entrepreneurs venture capitalists and corporate behemoths battling over this terrain And what fun it is It s a massive high stakes business saga animated by the personalities flashes of insight and stories behind the stuff we use every day

Boats ,1959 **MotorBoating** ,1930-09 *MotorBoating* ,1952-06 MotorBoating ,1952-04
MotorBoating ,1925-05 **Sea and Pacific motor boat** ,1963 *MotorBoating* ,1931-12 *Motor Boat* ,1922
The Rudder ,1956 Yachting ,1966 **New Breeder's Gazette** ,1891 **The Motor Boat** ,1922 *Illustrated Sporting & Dramatic News* ,1915 **The Breeder's Gazette** ,1888 **Rudder** Thomas Fleming Day,1954

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