



■ Awake ■ REM ■ Light ■ Deep

Total sleep
8h 19m



Time in bed
8h 29m



Sleep efficiency
98%



Resting heart rate
56 bpm



Sleep Score

90 
Optimal



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S Nieto



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Sleep Medicine Douglas Kirsch, 2025-12-15 Sleep Medicine examines the developments in this field of medicine over twenty five years after the seminal first edition written by Dr Michael Aldrich This second edition of Sleep Medicine offers detailed guidance for practicing clinicians of all levels of expertise *The Carb Reset* Harley Pasternak, M.Sc., 2025-08-19 An easy to follow plan that delivers results Gwyneth Paltrow You don t have to suffer or starve yourself anymore in the name of healthy eating Rob Lowe Genius takes all the confusion out of your nutritional choices Jeff Goldblum Rethink healthy eating weight loss and weight management with this revolutionary science based guide to resetting your relationship with carbs and fat from the New York Times bestselling author of The Body Reset Diet and trainer to the stars Harley Pasternak has worked with the biggest stars in Hollywood whipping celebrities into shape for roles and the red carpet His secret to helping these A listers may seem counterintuitive but the proof is in the results fasting detoxes and carb avoidance don t work Losing weight and looking sculpted require a specific proportion of all macronutrients including the much maligned and vilified carbohydrate Yes you read that right Lean and healthy people really do eat pasta The Carb Reset expertly cuts through the noise of toxic diet culture to help reset your relationship to the foods you love but have perhaps been avoiding Pasternak details why bread pasta rice and fruit should be a part of every healthy meal He lays out the right combination and quantity of nutrients that speed fat loss reduce fat storage and improve your hormonal balance The secret is quite literally in your hands thanks to Pasternak s ingenious and easy to remember PATH acronym a Palm of carbohydrates All the vegetables a Thumb of fat and a Hand of protein The Carb Reset also includes clear explanations of the proven science around how and why your body stores and burns fat 50 quick cook recipes most of which require as little as five minutes of preparation two weeks of meal plans with vegetarian vegan and gluten free swaps and an add a treat a week strategy to work in your favorite dessert or snack With The Carb Reset you ll have all the tools you need to take control of your health and reshape your approach to eating well for life *An Index Bibliography of Wildlife Research in the U.S. National Parks* ,1990

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