

My Sleep Experiments

My Stress Levels Two Thursdays Before The Change



My Stress Levels Two Thursdays After 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

Improvements in my Sleep Markers 2021-2025

Improvement in Total Sleep Time



REM & Awake Time Improvements



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

Sleep Hacks Latest

Ben Greenfield

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Sleep Hacks Latest:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Sleep Hacks Latest**

In some sort of inundated with displays and the cacophony of fast communication, the profound energy and mental resonance of verbal beauty usually disappear in to obscurity, eclipsed by the constant assault of sound and distractions. However, situated within the musical pages of **Sleep Hacks Latest**, a captivating work of fictional elegance that pulses with natural emotions, lies an unique journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that exciting opus books visitors on an emotional odyssey, lightly exposing the latent potential and profound influence stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their fascinating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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