

5 Simple Tips To Sleep Better



Breathe deeply.
Inhale for 3-5 seconds,
hold, exhale for
3-5 seconds.



Sleep on your right
side to open up
the heart.



Go to sleep no later
than 10:30pm to
keep your natural
circadian rhythm.



Slow your pulse.
You can improve this
by eating healthy
potassium-rich foods.



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and Back Massager
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Sleep Hacks Near Me Returns

Robert Chambers, Robert Carruthers

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Literature Robert Chambers, Robert Carruthers, 1879 [Return to Antarctica](#) Adrian Raeside, 2009-09-29 By 1910 the Antarctic was the last place on earth that had never been explored and British naval officer Robert Scott was obsessed that an Englishman specifically himself should conquer the pole Despite being under funded under equipped and unprepared Scott sailed south in the antiquated whaling ship Terra Nova in what everyone assumed would be a cracking good adventure The expedition was made up entirely of British adventurers gadabouts and scientists the exception being one Canadian Charles Seymour Silas Wright Born 1887 in Toronto Charles Wright was studying physics in Cambridge when he heard Scott was looking for a physicist to join the expedition to the pole By the time Wright inquired Scott had chosen a physicist for the team but was short a glaciologist Who else but a Canadian would know about glaciers Wright became the expedition's glaciologist Halfway through the rough passage to the Antarctic Scott got word that a rival explorer Norwegian Roald Amundsen was also making a run for the pole and was close on their heels What started out as a stroll to the South Pole became a race between two very determined and different men Arriving at their base camp on Cape Evans in January 1911 Scott's team soon discovered they were unprepared for the Antarctic while equipment failures and food shortages compounded the hardship For the final race to the pole Scott stripped the team down to four men and Wright did not make the cut Scott reached the geographic South Pole only to find that Amundsen had beaten them by days Bitterly disappointed Scott and his companions returned to base camp but were caught in a fierce Antarctic blizzard that raged for days Too weak to pull their sleds and out of food and fuel they froze to death Ironically as if to underscore the litany of errors that dogged the expedition they perished only a few miles from a cache of food and fuel Next spring Wright led a search party to look for the remains of Scott and his party and it was the sharp eyed Wright who spotted a small patch of green on a snowy landscape the tent containing Scott and his companions frozen bodies Wright returned to England and went on to do even more extraordinary things including inventing trench wireless in WWI and working closely with Winston Churchill developing the technology to assist in the allied invasion of Europe in WWII which included developing the first radar installations and inventing the technology that neutralized German magnetic sea mines After a stint as naval attaché to Washington D C and Director of Scripps Oceanographic institute in La Jolla California he retired to Salt Spring Island BC passing away in 1975 Typically Canadian Wright was modest about his accomplishments with few Canadians aware of his amazing life and the extraordinary impact he had on the 20th century **Journey of No Return** Bette M. Ross, 1987 **Safe Return Doubtful**

John Maxtone-Graham, 2000 Farthest north farthest south in the heroic age of polar exploration at the beginning of the twentieth century the race was ferociously contested British American Swedish and Norwegian expeditions all vied for the greatest prize of all the poles knowing that they might forfeit their lives in the attempt On the way they faced horrific conditions frostbite and starvation rations exhaustion and too often also the bitter clashes of personality that beset men under extreme stress In these days of modern technology it is almost impossible for us to imagine the hardship these

explorers endured Sledgers camped overnight in subzero agony their sweat soaked furs frozen into icy suits of armour as soon as they stopped moving With no vitamins and no easily preserved food they faced scurvy and worse This hair raising account covers every aspect of the polar great game the renowned names such as Robert Peary Roald Amundsen Salomon Andree Fridtjof Nansen Ernest Shackleton and Robert Scott are all here their ponies dogs and sledges their daily experiences and always the addictive quest for polar immortality

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web to email protected subject request to change schedule dear employer s name i m your name a job title working on your department team i would same to requests a change to my schedule from current schedule to desired schedule for the next 3 months such my mother passed away i m now responsible for taking care of my father

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web may 19 2020 respected sir madam i am name of the employee working as name of the position in your esteemed company i am writing this letter to request a change in my shift schedule my current working hours are mention the timings

sample request letter for change of shift schedule - Feb 16 2022

web template 1 letter i am writing to request a change in my shift schedule i am working the current shift schedule and would like to request a change to desired shift schedule this change would allow me to balance my personal and professional obligations better and perform at my best at work explain why you need the change in

3 sample requests for change of shift schedule letter email - Sep 06 2023

web dear name of your manager or employer i am writing this letter to ask you for a change to my shift schedule from current schedule to desired schedule i have twins who will start school at a schedule that is incompatible with my current work schedule

sample request letter to change shift schedule letterspro com - Apr 20 2022

web request letters are letters written to ask formally or politely for something any matter that requires a humble and polite appeal can be put forward using a request letter it could be a job interview a promotion or a favor a request letter will get the job done a request letter can be formal or informal depending on the recipient