

5 Simple Tips To Sleep Better



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



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.



Sleep on your right side to open up the heart.



Use Dr. Berg's Neck and Back Massager to relieve certain acupressure points in your neck and adrenals and pull out stress.



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their burden And while this helps it s not enough any sys admin knows there are many more hacks cool tips and ways of solving problems than can fit in a single volume one that mere mortals can lift that is Which is why we created Linux Server Hacks Volume Two a second collection of incredibly useful tips and tricks for finding and using dozens of open source tools you can apply to solve your sys admin problems The power and flexibility of Linux and Open Source means that there is an astounding amount of great software out there waiting to be applied to your sys admin problems if only you knew about it and had enough information to get started Hence Linux Server Hacks Volume Two This handy reference offers 100 completely new server management tips and techniques designed to improve your productivity and sharpen your administrative skills Each hack represents a clever way to accomplish a specific task saving you countless hours of searching for the right answer No more sifting through man pages HOWTO websites or source code comments the only resource you need is right here And you don t have to be a system administrator with hundreds of boxes to get something useful from this book as many of the hacks apply equally well to a single system or a home network Compiled by experts these hacks not only give you the step by step instructions necessary to implement the software but they also provide the context to truly enable you to learn the technology Topics include Authentication Remote GUI connectivity Storage management File sharing and synchronizing resources Security lockdown instruction Log files and monitoring Troubleshooting System rescue recovery and repair Whether they help you recover lost data collect information from distributed clients or synchronize administrative environments the solutions found in Linux Server Hacks Volume Two will simplify your life as a system administrator

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