

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

Charles Jacobs Peterson



Sleep Hacks Latest:

Enjoying the Song of Phrase: An Emotional Symphony within **Sleep Hacks Latest**

In a global taken by monitors and the ceaseless chatter of instant interaction, the melodic elegance and emotional symphony developed by the written term often disappear in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. But, nestled within the pages of **Sleep Hacks Latest** a wonderful literary prize overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that charming masterpiece conducts visitors on an emotional journey, well unraveling the concealed songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the touching review, we will explore the book is central harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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