

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

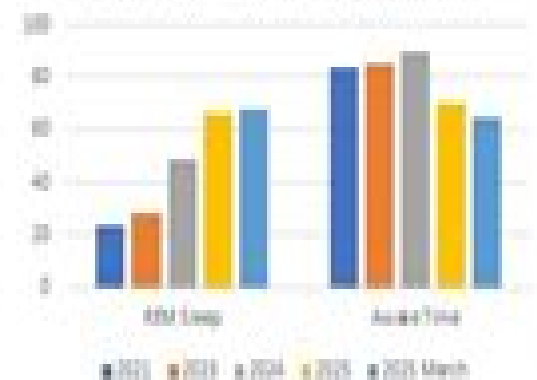
Helps quiet the amygdala and reduces mental chatter

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

Robert K. Hudnut



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The Sleep Code Marco Guimarães,2025-09-30 Unlock the transformative power of sleep with The Sleep Code A Data Driven Guide to Waking Up Refreshed Written for achievers biohackers and anyone who values well being this comprehensive guide delivers cutting edge science actionable strategies and powerful personal routines to revolutionize your nights and your days Discover why sleep is your ultimate performance tool and how the quality of your rest impacts your mind body and productivity Through clear explanations you ll learn the science behind sleep cycles how wearable technology can reveal hidden patterns and why one size fits all advice fails to produce real change Inside you ll find step by step guidance through Understanding the deep architecture of sleep stages NREM REM deep sleep Tracking and analyzing your personal sleep data for lasting improvements Transforming your bedroom and nightly environment for maximum recovery Mastering nutrition exercise timing and stress management for better rest Building a consistent sleep routine tailored to your life Harnessing the benefits of naps recovery breaks and digital detox Real life tips science backed routines and a customizable sleep code plan Whether you re struggling to fall asleep waking up tired or seeking a sustainable edge in your personal and professional life The Sleep Code gives you everything you need to move from exhaustion to high energy starting tonight Transform your life by mastering the science of sleep Sleep smarter live better and take control of your energy mood and potential [TIME the New Mindfulness](#) The Editors of TIME,2018-11-28 We live in challenging times How can we stay sane and balanced The New Mindfulness the new Special Edition from the Editors of TIME takes a look at mindfulness becoming and remaining centered with thoughtful practices for body and spirit including breathing yoga healthy eating restful sleep meditation and prayer and more This Special Edition features thought provoking articles on the benefits of mindfulness for overcoming anxiety depression chronic pain problems of aging and more Distinct sections Modern Calm Life Balance and Body Harmony are filled with helpful how tos clear explanations of the latest scientific theory insights into human psychology and tips on fostering mindfulness in ourselves and our children With dozens of illuminating full color photos and illustrations The New Mindfulness is a must have for everyone who wants to rise above overstretched schedules and overtaxed lives to become truly present [The Last Hack](#) Christopher Brookmyre,2017-07-04 The Scottish crime master dishes out equal parts adrenaline and empathy in a thriller featuring a woman hacker and online intrigue Diana Gabaldon Sam Morpeth has had to grow up way too fast Left to fend for a younger sister with learning difficulties when their mother goes to prison she is forced to watch her dreams of university evaporate But Sam learns what it is to be truly powerless when a stranger begins to blackmail her online Meanwhile reporter Jack Parlabane seems to have finally gotten his career back on track with a job at a flashy online news start up but his success has left him indebted to a volatile source on the wrong side of the law Now that debt is being called in and it could cost him everything Thrown together by a common enemy Sam and Jack are about to discover they have more in common than they realize and might be each other s only hope Published in the UK

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