

# 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.



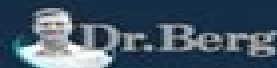
Sleep on your right  
side to open up  
the heart.



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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web there are basically four congruence rules that proves if two triangles are congruent but it is necessary to find all six dimensions hence the congruence of triangles can be evaluated by knowing only three values out of six the corresponding sides and angles of congruent triangles are equal

web there are four types of criterians there is sss side side side this means if each of the 3 sides of one of the triangles are equivalent to the other 3 sides on the other one then they are both congruent another example is sas side angle side

web solution the only information that we are given that requires no extensive work is that segment  $jk$  is congruent to segment  $nk$  we are given the fact that  $a$  is a midpoint but we will have to analyze this information to derive facts that will be useful to us in the two triangles shown above we only have one pair of corresponding sides that

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web for the two triangles below if  $ac = pq$ ,  $bc = pr$  and  $\angle c = \angle p$  then by the SAS rule triangle  $abc$  is congruent to triangle  $grp$ . Angle side angle ASA rule angle side angle is a rule used to prove whether a given set of



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web nov 7 2022 given angle a cong angle edf and ab cong de which pair of corresponding parts is needed to prove triangle abc cong triangle def a by sas we need ac cong df b by asa we need angle cba cong angle feb c by sss we need cb cong fe and ac cong df d by ssa

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web nov 22 2022 ab qr bc rp and ca pq hence  $\triangle abc \cong \triangle qrp$  sas side angle side in the postulate of sas in comparison among two triangles if two sides and the angle included between two sides are equal then it satisfies the condition of sas in the above given figure we can see that