

< Sleep



Sleep coaching

Let's see how your quality of sleep has changed.
[View final analysis](#)

Sleep score 73



Actual sleep time
6 hrs 14 mins

Calories burnt
511 kcal

Sleep chart



23:31 (Sun) - 06:37 (Mon)

Sleep stages



Awake
11% 50 mins

REM
19% 1 hr 22 mins

Light
57% 3 hrs 55 mins

Deep
13% 59 mins

Typical range

Blood oxygen during sleep

Under 90% for 3 minutes 42 seconds

On



Snoring

No snoring data

Snore detection
Always



Sleep Hacks Samsung Galaxy Top

A Loxley



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Sleep Hacks Mira Skylark, AI, 2025-03-17 *Sleep Hacks* offers a practical guide to understanding and improving your sleep for better health and well being It explores the science of sleep including circadian rhythms and the sleep cycle to dispel common misconceptions and highlight sleep s crucial role in our lives Did you know that consistent sleep patterns even on weekends can significantly impact sleep quality The book emphasizes that quality sleep is not a luxury but a biological necessity that can be actively cultivated The book progresses logically starting with the fundamentals of sleep science and then moves into actionable strategies It provides evidence based techniques such as optimizing your sleep schedule and creating a sleep conducive environment Practical advice on diet exercise and minimizing technology s impact on sleep is also provided Mindfulness and relaxation techniques are also explored offering tools to manage stress and anxiety that often contribute to insomnia It s packed with easy to implement sleep hacks for readers to incorporate into their daily routines

Sleep Hacks Keith Barry, 2024-09-19 Harness the power of your mind for better sleep Renowned brain hacker Keith Barry has spent his career mastering the science of hypnosis and sleep aiding countless individuals in overcoming damaging sleep patterns while establishing new beneficial habits Now he wants to help you In this transformative programme Keith unveils his unique approach integrating hypnosis neuroscience and brain hacking techniques to assist anyone who is struggling to attain deep revitalising sleep With this truly life changing book you will not only understand the mechanics of your sleep patterns but will also possess the tools to rewire your brain for a restful and rejuvenating night s sleep [Sleep Hacked](#) Claire Donnelly, 2025-07-15 You re doing everything right but you still wake up tired It s time to hack your sleep *Sleep Hacked* is not another generic book telling you to avoid screens or drink chamomile tea Instead Dr Alex Thorne a leading voice in biohacking and human optimization delivers a precision based blueprint for transforming your rest into your ultimate performance enhancer Through a science backed personalized protocol you ll uncover how to fine tune your sleep environment leverage your chronotype hack your hormones balance blood sugar and eliminate sleep disruptors once and for all This comprehensive cutting edge guide teaches you to Decode your unique sleep architecture and identify key disruptors Implement the blue light blockade and master light timing Optimize your sleep sanctuary temperature air quality sound and more Use food supplements and technology to align your biology Quiet a racing mind with breathwork mindfulness and journaling Build a custom sleep stack based on data not guesswork Whether you re a high achieving professional athlete or health conscious biohacker *Sleep Hacked* will empower you to reclaim your nights and supercharge your days starting tonight *The Science of Sleep* Barrett Williams, ChatGPT, 2025-10-25 Unlock the mysteries of restful slumber with *The Science of Sleep* an enlightening journey through the past present and future of sleep research This compelling eBook is a treasure trove of insights for anyone looking to transform their understanding of sleep and improve their life as a result Dive into the intriguing history of sleep science from ancient interpretations to groundbreaking 20th century discoveries and

today's cutting edge advances Understand the biological rhythms that dictate sleep patterns and the powerful roles of light darkness and hormones like melatonin in our daily cycles Explore the intricate stages of sleep including the fascinating realms of REM and non REM sleep and discover how dreaming contributes to mental rejuvenation Unravel the severe impacts of sleep deprivation on both physical and mental health and learn how the brain uses sleep to consolidate memory boost creativity and enhance problem solving skills Productivity enthusiasts will find key strategies to harness the power of sleep for improved work performance and innovation Delve deep into common sleep disorders their diagnosis and treatment options and their pervasive effects on daily life Understand sleep's vital role in physical health from immune function to weight management and cardiovascular health as well as its profound influence on mental well being Stay informed on the technological challenges and opportunities of the modern sleep landscape and create your ideal sleep haven with tips on optimizing your environment Navigate the complex interplay between nutrition exercise and sleep quality and discover sustainable practices for long term restfulness Gain cultural perspectives and learn from sleep practices worldwide to enhance your own sleep habits Finally look to the future of sleep science and personalize your approach with monitoring and lifestyle adaptation Embark on this comprehensive exploration and emerge with practical knowledge and tools to master the art of sleep leading to a healthier more productive life The Science of Sleep is not just a book it's your guide to a better more revitalized you

The Bulletproof Diet Dave Asprey, 2014-12-02 In his mid twenties Dave Asprey was a successful Silicon Valley multimillionaire He also weighed 300 pounds despite the fact that he was doing what doctors recommended eating 1 800 calories a day and working out 90 minutes a day six times a week When his excess fat started causing brain fog and food cravings sapped his energy and willpower Asprey turned to the same hacking techniques that made his fortune to hack his own biology investing more than 300 000 and 15 years to uncover what was hindering his energy performance appearance and happiness From private brain EEG facilities to remote monasteries in Tibet through radioactive brain scans blood chemistry work nervous system testing and more he explored traditional and alternative technologies to reach his physical and mental prime The result The Bulletproof Diet an anti inflammatory program for hunger free rapid weight loss and peak performance The Bulletproof Diet will challenge and change the way you think about weight loss and wellness You will skip breakfast stop counting calories eat high levels of healthy saturated fat work out and sleep less and add smart supplements In doing so you'll gain energy build lean muscle and watch the pounds melt off By ditching traditional diet thinking Asprey went from being overweight and sick in his twenties to maintaining a 100 pound weight loss increasing his IQ and feeling better than ever in his forties The Bulletproof Diet is your blueprint to a better life

Camping Cheats, Hacks, Hints, Tips, And Tricks To Have The Best Summer Ever Trevor Clinger, 2024-12-07 Make your next camping adventure unforgettable with Camping Cheats Hacks Hints Tips and Tricks to Have the Best Summer Ever Packed with genius ideas time saving tips and creative solutions this book will transform your camping trips into stress free fun filled getaways From

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Productivity Hacks – Work Better, Faster, Simpler, & More Efficiently Simone Janson, 2025-11-17 Also in the 4th revised and improved edition published by a government funded publisher involved in EU programs and a partner of the Federal Ministry of Education you receive the concentrated expertise of renowned experts overview in the book preview embedded in an integrated knowledge system with premium content and 75% advantage At the same time you are doing good and supporting sustainable projects Because in a world characterized by constant change increasing time pressure productivity hacks are crucial to work better faster easier *Productivity Hacks Working Better Faster Easier* offers executives practical tips strategies to optimize their workflow The book not only presents effective methods to increase productivity but also provides insights into innovative approaches to handle tasks more efficiently An indispensable resource for executives aiming to optimize their work achieve more Knowledge that makes a difference With its Information on Demand concept the publisher was not only involved in an EU funded program but also received several awards So when you buy the book you are also doing good The publisher is financially and personally committed to socially relevant projects such as tree planting campaigns scholarship foundations sustainable living and many other innovative ideas The goal of providing you with the best possible content on topics such as career finance management recruiting or psychology goes far beyond the static nature of traditional books The interactive book not only imparts expert knowledge but also allows you to ask individual questions and receive personal advice In doing so expertise and technical innovation go hand in hand as we take the responsibility of delivering well researched and reliable content as well as the trust you place in us very seriously Therefore all texts are written by experts in their field Only for better accessibility of information do we rely on AI supported research results to a limited extent to make information easier to find which assists you in your search for knowledge You also gain extensive premium services Each book includes detailed explanations and examples making it easier for you to successfully use the consultation services freeky available only to book buyers Additionally you can download e courses work with workbooks or engage with an active community This way you gain valuable resources that enhance your knowledge stimulate creativity and make your personal and professional goals achievable and successes tangible That s why as part of the reader community you have the unique opportunity to make your journey to personal success even more unforgettable with travel deals of up to 75% off Because we know that true success is not just a matter of the mind but is primarily the result of personal impressions and experiences Publisher and editor Simone Janson is also a best selling author was a columnist for WELT and Wirtschaftswoche and according to ZEIT one of Germany s most bloggers on success find out more about her on Wikipedia

Anti-Aging Hacks Karen Asp, 2019-01-01 Preserve your looks and your health with these 200 easy strategies to age proof your body and mind Are signs of aging or even just

worrying about signs of aging taking their toll on you In *Anti Aging Hacks* you ll find more than 200 easy actionable tips and exercises you can implement right away to help age proof your body and mind Through straightforward easy to understand language you ll learn how to preserve your appearance and health as well as combat or prevent the most common ailments conditions and risks associated with aging From protecting your skin from wrinkles and fortifying your diet to strengthening your body with fun and easy exercises and staying mentally sharp with stimulating activities to preserving a youthful glow you ll find all you need to know to stay healthy strong sharp and youthful for years to come A selection of anti aging hacks include Sleeping on your back to reduce wrinkles Wearing sunglasses to help prevent cataracts and macular degeneration Slowing aging and improve health through intermittent fasting Using skincare products with retinol Reading for 30 minutes a day to increase your life span Embrace *Anti Aging Hacks* as your own personal fountain of youth in handy guidebook form

Healthy Habit Hacks Mira Skylark,AI,2025-03-17 *Healthy Habit Hacks* explores the science behind behavior change offering sustainable approaches to building healthy habits for lasting well being Moving beyond quick fix solutions it emphasizes understanding the psychology of motivation and the environmental factors influencing our choices empowering readers to engineer their lives for easier more rewarding healthy decisions The book argues that willpower isn t the key instead strategic lifestyle adjustments are crucial For example did you know that understanding cognitive biases can significantly improve your decision making around diet and exercise The book progresses systematically starting with foundational concepts of habit formation and motivation It then introduces specific strategies for behavior modification such as goal setting and habit tracking to overcome common obstacles Finally it synthesizes these strategies into a comprehensive framework emphasizing self compassion and continuous improvement By focusing on self experimentation and personalized strategies *Healthy Habit Hacks* provides a unique actionable roadmap for anyone seeking to improve their diet exercise sleep or stress management making it a valuable self help resource

Hacking Humanity Lara Lewington,2025-07-10 No one explains cutting edge technology more clearly than Lara LORRAINE KELLY Brilliantly written separates the nonsense from the evidence RUSSELL FOSTER bestselling author of *Life Time* Extraordinarily helpful DAMIAN HUGHES bestselling author and host of *High Performance* DISCOVER HOW NEW TECHNOLOGY CAN MAKE YOU HEALTHIER FOR LONGER In *Hacking Humanity* technology journalist Lara Lewington takes us to the cutting edge of scientific research to demystify how new innovations are transforming our healthcare for the better Drawing us into the science behind the world s healthiest people from the Blue Zones to Silicon Valley while experimenting with the new technology already available she examines the real challenges ahead and how we can overcome them This holds the power to significantly increase the amount of time we spend living in good health and may boost our lifespans in the process too Discover how you can harness the power of data to start improving and protecting your future health right now and learn how the world s leading experts are developing technologies that will help us all enjoy more of our lives in the years to come

Sleep Disorders Tessa Kwan,AI,2025-03-12

Sleep Disorders explores the crucial connection between addiction and sleep revealing how substance abuse profoundly disrupts sleep patterns and hinders recovery It highlights that addressing sleep issues isn't just an addition to addiction treatment but a fundamental necessity for lasting recovery The book examines the neurobiological effects of addictive substances on sleep wake cycles emphasizing that restoring healthy sleep can significantly reduce withdrawal symptoms cravings and improve cognitive functions The book begins by laying a foundation in sleep science covering sleep stages and circadian rhythms before diving into substance specific sleep disorders such as those related to alcohol opioids and stimulants Each chapter analyzes the impact of specific substances on sleep and outlines potential treatment strategies It culminates by presenting evidence based interventions like cognitive behavioral therapy for insomnia CBT I and relaxation techniques offering a comprehensive approach to improving sleep during addiction treatment and recovery making it a valuable resource for clinicians and individuals seeking holistic treatment

Sleep: how to wake up refreshed Alexey Goldman, 2025-09-18 Do you fall asleep worrying about your problems and wake up feeling tired Is coffee your fuel and the alarm clock your enemy This book is your practical guide No confusing jargon or impossible ideals You will discover how to Create a powerful evening ritual to wind down Turn your bedroom into a sleep fortress Wake up feeling truly refreshed and energized It's scientific simple and built on tiny achievable steps Sleep is your built in superpower It's time to unlock it

Your Happiness Was Hacked Vivek Wadhwa, Alex Salkever, 2018-06-26 Wadhwa and Salkever have written a great book to help us understand our addiction to technology and suggest what we can do about it Andr's Oppenheimer columnist for the Miami Herald joint winner of the 1987 Pulitzer Prize Technology your master or your friend Do you feel ruled by your smartphone and enslaved by your email or social network activities Digital technology is making us miserable say bestselling authors and former tech executives Vivek Wadhwa and Alex Salkever We've become a tribe of tech addicts and it's not entirely our fault Taking advantage of vulnerabilities in human brain function tech companies entice us to overdose on technology interaction This damages our lives work families and friendships Swipe driven dating apps train us to evaluate people like products diminishing our relationships At work we email on average seventy seven times a day ruining our concentration At home light from our screens is contributing to epidemic sleep deprivation But we can reclaim our lives without dismissing technology The authors explain how to avoid getting hooked on tech and how to define and control the roles that tech is playing and could play in our lives And they provide a guide to technological and personal tools for regaining control This readable book turns personal observation into a handy action guide to adapting to our new reality of omnipresent technology Technology is a great servant but a terrible master This is the most important book ever written about one of the most significant aspects of our lives the consequences of our addiction to online technology and how we can liberate ourselves and our children from it Dean Ornish New York Times bestselling author of Undo It [The Superhuman Code](#) BNS Srinivas, 2025-10-18 What if becoming superhuman wasn't science fiction but a choice you could make today In

The Superhuman Code BNS Srinivas distills years of research personal experiments and conversations with world class health and mindset experts into a clear actionable blueprint for unlocking your body s Ancient Intelligence the built in AI fine tuned by millions of years of evolution This isn t another fad diet or quick fix manual It s a common sense science backed playbook for lasting transformation Your body already knows how to become superhuman This book simply shows you the code

Hacked Kevin F. Steinmetz,2016-11-29 Inside the life of a hacker and cybercrime culture Public discourse from pop culture to political rhetoric portrays hackers as deceptive digital villains But what do we actually know about them In Hacked Kevin F Steinmetz explores what it means to be a hacker and the nuances of hacker culture Through extensive interviews with hackers observations of hacker communities and analyses of hacker cultural products Steinmetz demystifies the figure of the hacker and situates the practice of hacking within the larger political and economic structures of capitalism crime and control This captivating book challenges many of the common narratives of hackers suggesting that not all forms of hacking are criminal and contrary to popular opinion the broader hacker community actually plays a vital role in our information economy Hacked thus explores how governments corporations and other institutions attempt to manage hacker culture through the creation of ideologies and laws that protect powerful economic interests Not content to simply critique the situation Steinmetz ends his work by providing actionable policy recommendations that aim to redirect the focus from the individual to corporations governments and broader social issues A compelling study Hacked helps us understand not just the figure of the hacker but also digital crime and social control in our high tech society

The Story of Sleep Daniel A. Barone, Lawrence A. Armour,2023-03-15 A lively dictionary of topics related to slumber designed to help people help themselves by improving their sleep and therefore their health and happiness The Story of Sleep is a lively annotated dictionary of topics related to slumber designed to help people help themselves get a better night s rest and improve their overall physical and mental health Incorporating up to date data each entry reflects the fact that the world in general has changed and new sleep technologies have been developed over the past few years Sleep expert Daniel Barone and writer Lawrence Armour provide the perfect format for those readers who crave a quick and ready reference for achieving better sleep habits and a sounder slumber every night Building on the success of their book Let s Talk About Sleep Barone and Armour offer this complementary and essential guide

Mindful Safety Christopher Langer,2021-03-05 Synthesising the latest thinking from neuroscience and psychology with the practice of safety management Mindful Safety shows how a much stronger safety culture can be built from the ground up Case studies applied research and practical exercises all demonstrate how attention and the ability to focus can significantly boost performance and resilience whilst reducing human error and the number of safety incidents Representing a new kind of safety thinking to meet contemporary challenges the book covers four critical levels the individual the relational the organisational and the societal The approach can be successfully applied to the healthcare road rail aviation and energy sectors for greater safety and performance The emphasis on self care strengthening

relationships and learning from positives signals a clear shift in safety management thinking This is not just an insightful analytical approach but an action based one ready for implementation Few approaches in the field tackle the subjects of sleep fatigue distraction smartphone addiction workplace stress and mental health with the same vigour or provide the safety toolkit for fighting a pandemic If you want to create the right mindset to achieve exceptional results in these uncertain times this book will show you how It is aimed at professionals in the health and safety industry as well as graduate students in human factors ergonomics industrial engineering and production engineering

Hack Your Biology Gertrude Swanson, 2024-05-26 Hack Your Biology Unlock Your Potential Optimize Health and Achieve Peak Performance Through Science Based Strategies and Cutting Edge Technologies Are you ready to take control of your health optimize your performance and unleash your full potential Hack Your Biology is your comprehensive guide to the exciting world of biohacking where science technology and self experimentation converge to revolutionize the way we approach health and wellness In this groundbreaking book you ll discover The science behind biohacking Delve into the fascinating world of biology neuroscience and genetics to understand how your body works and how you can optimize it for peak performance Practical biohacking strategies Learn actionable techniques for improving sleep nutrition exercise stress management and cognitive function all backed by the latest scientific research Cutting edge technologies Explore the exciting world of wearable devices genetic testing and other biohacking tools that can help you track your progress and personalize your approach Real world examples and case studies Get inspired by the stories of real life biohackers who have transformed their health and lives through self experimentation and data driven optimization Ethical considerations and safety guidelines Navigate the complex landscape of biohacking with a focus on safety ethics and responsible experimentation Whether you re a seasoned biohacker or a curious beginner Hack Your Biology will empower you to take control of your health optimize your performance and unlock your full potential Don t wait any longer to start your biohacking journey order your copy of Hack Your Biology today and unleash the power within

The Mammoth Book of Best New SF [19] Gardner Dozois, 2012-03-01 The only essential annual SF collection Widely regarded as the benchmark anthology for every science fiction fan The Mammoth Book of Best New SF 19 continues to uphold its standard of excellence with over two dozen stories from the previous year This year s volume includes many bright young talents of science fiction as well as a host of established masters It covers every aspect of the genre soft hard cyberpunk cyber noir anthropological military and adventure Also included is a thorough summation of the year and a recommended reading list

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