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Typical range

Blood oxygen during sleep Under 90% for 3 minutes 42 seconds

On

Snoring No snoring data

Snore detection

21:50

07:00

Rating

* * * *

Galaxy Watch4

Sleep consistency

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Keith Barry

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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 Summary of Catherine Price's How To Break Up With Your Phone by Milkyway Media Milkyway Media,2020-04-28 In How To Break Up With Your Phone 2018 author Catherine Price argues that most smartphone users have a toxic relationship with their phones one that sabotages their sleep creativity and interpersonal relationships Smartphone screens emit blue light that delays the release of melatonin a neurochemical that signals for the body to rest Purchase this in depth summary to learn more

Jerusha's Tricks Pat Mosel,2013 At her third attempt Jerusha Burnett wants to become the perfect wife Instead she finds herself trying to become the perfect widow Whilst engaged in this she plays an elaborate trick on her two gay house guests James and Oswald and ends up disturbing the dust on a death The scene is set in the Scottish Borders in an imaginary village near Abbotsford the home of Sir Walter Scott It revolves around Kirkfield House which Jerusha inherited from her late husband Hamish Burnett The action revolves around the magnetic Jerusha born Mary Louise Patterson not much over forty years old blonde vivacious curvaceous and generous It is April Fools Day 2010 and Jerusha buries a dressmaker's dummy in the veggie garden knowing that James and Ossie are drunkenly watching from an upstairs window As events would have it the police are present when later the trick is exposed the dummy exhumed But in the course of unearthing a body with permanent rigor mortis the police find the skeleton of Hamish's first wife Francoise Burnett What is the fourteen year old secret of her death If she didn't just go missing all those years ago was it murder and who was responsible We will find out

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