



SLEEP HACKS FOR BETTER HEALTH



ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

Fall Boots Sleep Hacks This Week

Greg L. Turnquist



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Hacking with Spring Boot 2.3 Greg L. Turnquist, 2020-05-14 Spring Boot 2.3 is the hottest ticket in town when it comes to Java development. Learn the latest features that can scale your apps including Web and Data access Developer tools and test support Operational features Docker container baking Bottleneck discovery with BlockHound Messaging Security More Written cover to cover using Project Reactor your apps will scale like never before Grab your copy today and learn to build top notch scalable solutions with modern tactics Greg L Turnquist works on the Spring team as a principal developer at VMware He is a committer to Spring HATEOAS Spring Data Spring Boot R2DBC and Spring Session for MongoDB He also wrote Packt's best selling title Learning Spring Boot 2.0 2nd Edition He co founded the Nashville Java User Group in 2010 and hasn't met a Java app yet that he doesn't like Follow him on Twitter gregturn and subscribe for all his Spring Boot videos at YouTube com GregTurnquist *Princeton Alumni Weekly*, 1955 **The International Cyclopedia**, 1890 **The American Universal Cyclopædia**, 1882 *Harper's Weekly* John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1876 **Board of Trade Journal**, 1967 **Illustrated Sporting & Dramatic News**, 1915 *Boot and Shoe Recorder*, 1894 *The Canadian Magazine of Politics, Science, Art and Literature*, 1895 **Outlook** Alfred Emanuel Smith, Francis Walton, 1875 *The Making of a Royal Marine Commando* Nigel Foster, 1993 Om det engelske marinekorps The Royal Marine Commando udvlgelse kvalifikationskrav trningsprogram for menige og officerer deltagelse i Falklandskrigen og i Nordirland samt opgaver i Mellemsten Med forklarende ordliste over korpets jargon *With Fire and Sword* Henryk Sienkiewicz, 1898 **Punch**, 1882 *The Yale Courant*, 1886 **The Magazine of Art** Marion Harry Spielmann, 1894 *New York Medical Abstract*, 1883 **Colburn's United Service Magazine and Naval and Military Journal**, 1897 **The Welsh Vocabulary of the Bangor District** Osbert Henry Fynes-Clinton, 1913 **Medical Century** Charles Edmund Fisher, 1899 *Morpheus* Katharina Hacker, 2003 In seven exquisitely crafted stories the world of classical mythology comes to life in ways you would never expect Katharina Hacker's vivid literate imagination has created a masterpiece seven separate stories yet all interlinked of figures of Greek antiquity inexplicably or explicable living in the modern world Odysseus never buried Elpenor so he sits around train stations drinking bending the ear of any unsuspecting traveler he can grumble to Sisyphus is still rolling the stone the gods condemned him with but now he's doing it in a hotel room to the consternation of the hotelier who is more than a little bemused by his strange guest These are poignant potent tales addressing the ageless themes of mythological past and present memory and dream speech and silence love loss guilt frustration the human condition epitomized And epitomized through a poetic always vivid and often rhythmic prose words chosen for their sound as well as for the images they evoke The mood is sometimes ghostly sometimes sad all of the stories are imbued with a triste humor Hacker's ease with classical figures is reflected in

their immediacy for the contemporary reader

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