

# Sleep Optimization

## How to Sleep Better



**Sleep in a comfortable bed with non-toxic, pleasing bedclothes**



**Expose yourself to natural stimuli**  
*(e.g., sunlight, the surface of the Earth)*



**Stress down in the hours before bed**  
*(e.g., minimize cell phone usage and stressful work activities)*



**Minimize your exposure to artificial light at night**  
*(e.g., use candles, install light-adjustment software on your PC)*



**Work on improving your general health**  
*(e.g., by addressing your microbiome and immune status)*



**Exercise, but not directly before you hit the sack**



**Consider taking a cold shower or bath prior to sleeping**



**Stick to a routine**  
*(e.g., go to bed at roughly the same time most days)*



**Avoid brain stimulants**  
*(e.g., sugary foods, carbs-rich dairy products, coffee)*



**Sleep in a cool, ventilated, dark room**

# Sleep Optimization Framework

**O García**

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## **Sleep Optimization Framework:**

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1 question 1 is compulsory 2 attempt any three from the remaining questions 3 draw neat diagrams wherever necessary

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web design binary to gray code converter using rom design a second order unity gain high pass filter with  $f_0$  of 7.2 khz and  $q$

of 0.5 explain various realization techniques of krc filters on what factors does the damping coefficient of a filter depend

explain why cascading of filters is done for higher order filter design

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