

# 12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

**Conquer Training**  
Lifestyle - Health - Sculpting

@Marcus\_\_Rice



Sleep in a dark room  
w/cool temperature



Have a consistent  
bed time



Avoid blue light  
before bed



Strength  
Training



Sleep with a  
pillow between knees



Stay active  
during the day



Sip on some decaf  
tea in evening



Write a to-do list  
for next day before bed



Don't go to bed  
thirsty



Avoid late  
caffeine



Wind down/relax an  
hour before sleep



Try a kiwi  
before bed

# Sleep Hacks Today

**Perry W. Buffington**



## **Sleep Hacks Today:**

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
















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web jul 12 2023 first you will model meiosis I then you will model meiosis II as described below model meiosis I 1 diploid cell 2 haploid cells tetrads form crossing over occurs homologues separate interphase before synthesis of dna G1 interphase after synthesis of dna G2 prophase I metaphase I anaphase I telophase I cytokinesis I model

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web exercise 2 a are the four daughter cells of meiosis genetically identical or different from one another explain your answer describe the daughter cells of your meiosis model what color and how many of each color beads were present in each of the four daughter cells the four daughter cells of meiosis are not genetically identical

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web materials 60 red beads 60 yellow beads 4 magnetic centromeres dry erase board desk dry erase marker eraser procedure answer all questions in your journals please 1 create four homologous chromosomes using the red beads for the paternal chromosome and the yellow beads for the maternal chromosome

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web problem how does meiosis increase genetic variation introduction most cells in organisms that reproduce sexually are diploid they have two sets of chromosomes and two complete sets of genes gametes are an exception gametes are the cells that combine during sexual reproduction in animals these cells are called sperm and eggs

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web the answer is meiosis cells in reproductive organs undergo meiosis as they divide to form germ cells that mature into gametes egg cells or sperm cells this diagram compares the processes of mitosis and meiosis in this descriptive lab you will model meiosis that begins in a cell of the fruit fly drosophila melanogaster you will use

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web a in meiosis i homologous chromosomes separate while in meiosis ii sister chromatids separate meiosis ii produces 4 haploid daughter cells but meiosis i produces 2 diploid daughter cells crossing over only occurs in meiosis i why do you use non sister chromatids to demonstrate crossing over a

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web mar 23 2021 simulate mitosis move the chromosomes through each of the four stages of mitosis draw and label the pop bead chromosomes for one of the phases on a separate sheet it is not necessary to draw each individual bead draw a large circle on the paper to represent the cell and the nucleus with a pencil

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web after completing this lab exercise you should be able to identify and describe the stages of the cell cycle mitosis and meiosis recognizing the events that occur during each stage distinguish between mitosis and cytokinesis as they take place in animal and plant cells

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