

12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

Conquer Training

Lifestyle - Health - Sculpting



Sleep in a dark room
w/cool temperature



Sleep with a
pillow between knees



Don't go to bed
thirsty



Have a consistent
bed time



Stay active
during the day



Avoid late
caffeine

@Marcus_Rice



Avoid blue light
before bed



Sip on some decaf
tea in evening



Write a to-do list
for next day before bed



Wind down/relax an
hour before sleep



Try a kiwi
before bed

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C Cleary

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Wicked Cool Shell Scripts, 2nd Edition Dave Taylor, Brandon Perry, 2016-10-15 Shell scripts are an efficient way to interact with your machine and manage your files and system operations. With just a few lines of code your computer will do exactly what you want it to do. But you can also use shell scripts for many other essential and not so essential tasks. This second edition of Wicked Cool Shell Scripts offers a collection of useful customizable and fun shell scripts for solving common problems and personalizing your computing environment. Each chapter contains ready to use scripts and explanations of how they work why you'd want to use them and suggestions for changing and expanding them. You'll find a mix of classic favorites like a disk backup utility that keeps your files safe when your system crashes a password manager a weather tracker and several games as well as 23 brand new scripts including ZIP code lookup tool that reports the city and state Bitcoin address information retriever suite of tools for working with cloud services like Dropbox and iCloud for renaming and applying commands to files in bulk processing and editing tools. Whether you want to save time managing your system or just find new ways to goof off these scripts are wicked cool.

Wicked Cool Shell Scripts Dave Taylor, 2004 This useful book offers 101 fun shell scripts for solving common problems and personalizing the computing environment. Readers will find shell scripts to create an interactive calculator a spell checker a disk backup utility a weather tracker a web logfile analysis tool a stock portfolio tracker and much more. The cookbook style examples are all written in Bourne Shell sh syntax the scripts will run on Linux Mac OS X and Unix.

Hacker's Challenge 2: Test Your Network Security & Forensic Skills Mike Schiffman, Bill Pennington, 2003 For readers who want to keep the bad guys out of their network the latest edition of this bestselling book features over 20 all new hacking challenges to solve. Plus the book includes in depth solutions for each all written by experienced security consultants.

Good Housekeeping, 2007 Good Housekeeping Magazine, 2007 **Mac OS X Panther** Mark L. Chambers, Erick Tejkowski, 2004 The Top 100 Simplified series helps visual learners work smarter by teaching them tips tricks and techniques for getting more done in less time. Provides users with new insights into using the latest version of Apple's operating system Panther. Packed with time saving tips cool secrets and productivity tricks this book takes a reader's knowledge of Mac OS X Panther beyond the basics. Presents a task oriented approach in a highly visual format consisting of two page tutorials with step by step screen shots in full color on every page.

CA Magazine, 1992 **PC/Computing**, 1989-10 **Rise Up Singing** Peter Blood, Annie Patterson, 1992 This comprehensive collection has sold tens of thousands of copies around the world. It contains words and guitar chords to nearly 1200 songs arranged in a compact easy to use format for locating songs and working with groups. You won't find an array of songs like this anywhere else. Folk Revival favorites popularized by Baez Seeger Collins Peter Paul and Mary Dylan Mitchell Taylor Donovan and many others. The best known material of contemporary folk songwriters including Near Staines Williamson Rogers Bok and many more. Broadway show tunes Beatles songs Motown hits Hymns spirituals and gospel standards Songs about peace freedom labor

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