

THE ULTIMATE GUIDE TO SLEEP OPTIMIZATION



Unlocking the Secrets to
Restorative Sleep

By Thrive Labs

Update Sleep Optimization

G Orfield



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Managing ADHD: Updated Approaches for Recognizing and Coping with Attention Deficit Disorder James Andersen, 2025-04-24 Are you constantly battling distractions struggling to stay organized or feeling overwhelmed by everyday tasks You re not alone Millions of adults navigate the challenges of ADHD often feeling misunderstood and unequipped to manage its impact on their lives This book offers a beacon of hope and practical guidance Grounded in the latest scientific research and clinical insights it provides a comprehensive understanding of ADHD moving beyond common misconceptions to reveal its diverse forms and the science behind its complexities You ll learn to recognize the often subtle signs of ADHD in adults distinguishing it from similar conditions to gain clarity on your own experiences The core of this book lies in its empowering approach to managing ADHD Discover a toolbox of evidence based strategies from cognitive behavioral techniques to mindfulness practices and practical organizational tips You ll find guidance on effective communication strategies to navigate relationships and advocate for your needs at work This book is for anyone seeking to understand and manage ADHD whether you re an individual seeking answers a family member wanting to offer support or a professional seeking to expand your knowledge Equip yourself with the knowledge tools and support to thrive A fulfilling organized and successful life is within your reach Turn the page and begin your journey towards reclaiming control and living your best life

[Unity 2017 Game Optimization](#) Chris Dickinson, 2017-11-22 Master a series of performance enhancing coding techniques and methods that help them improve the performance of their Unity3D applications About This Book Discover features and techniques to optimize Unity Engine s CPU cycles memory usage and the GPU throughput of any application Explore multiple techniques to solve performance issues with your VR projects Learn the best practices for project organization to save time through an improved workflow Who This Book Is For This book is intended for intermediate and advanced Unity developers who have experience with most of Unity s feature set and who want to maximize the performance of their game Familiarity with the C language will be needed What You Will Learn Use the Unity Profiler to find bottlenecks anywhere in your application and discover how to resolve them Implement best practices for C scripting to avoid common pitfalls Develop a solid understanding of the rendering pipeline and maximize its performance by reducing draw calls and avoiding fill rate bottlenecks Enhance shaders in a way that is accessible to most developers optimizing them through subtle yet effective performance tweaks Keep your scenes as dynamic as possible by making the most of the Physics engine Organize filter and compress your art assets to maximize performance while maintaining high quality Discover different kinds of performance problems that are critical for VR projects and how to tackle them Use the Mono Framework and C to implement low level enhancements that maximize memory usage and avoid garbage collection Get to know the best practices for project organization to save time through an improved workflow In Detail Unity is an awesome game development engine Through its massive feature set and ease of use Unity helps put some of the best processing and

rendering technology in the hands of hobbyists and professionals alike This book shows you how to make your games fly with the recent version of Unity 2017 and demonstrates that high performance does not need to be limited to games with the biggest teams and budgets Since nothing turns gamers away from a game faster than a poor user experience the book starts by explaining how to use the Unity Profiler to detect problems You will learn how to use stopwatches timers and logging methods to diagnose the problem You will then explore techniques to improve performance through better programming practices Moving on you will then learn about Unity s built in batching processes when they can be used to improve performance and their limitations Next you will import your art assets using minimal space CPU and memory at runtime and discover some underused features and approaches for managing asset data You will also improve graphics particle system and shader performance with a series of tips and tricks to make the most of GPU parallel processing You will then delve into the fundamental layers of the Unity3D engine to discuss some issues that may be difficult to understand without a strong knowledge of its inner workings The book also introduces you to the critical performance problems for VR projects and how to tackle them By the end of the book you will have learned to improve the development workflow by properly organizing assets and ways to instantiate assets as quickly and waste free as possible via object pooling Style and approach This practical book will help readers understand the essentials of the Unity3D engine and how to build games while improving the performance of their applications

The AFib Cure, Updated Edition John D. Day, T. Jared Brunch, 2025-05-20 Most doctors will tell you that there isn t much you can do to treat atrial fibrillation aside from taking medications for the rest of your life Cardiologists and a fib specialists John D Day and T Jared Bunch disagree Atrial fibrillation strikes one in four American adults Not only do people suffering from this condition suffer from shortness of breath fatigue chest discomfort decreased ability to exercise and do activities of daily living arrhythmia and palpitations but their risk of a stroke cognitive decline and dementia heart failure or premature death also shoots way up Today a whole new body of research one most physicians are unaware of shows that biomarker and lifestyle optimization may put half the cases of atrial fibrillation into remission without drugs or procedures And for those in whom these remedies are insufficient or not tolerated new procedures in combination with biomarker and lifestyle optimization may offer lifetime remission from atrial fibrillation and its devastating consequences In clear accessible patient centric language Drs Day and Bunch share their revolutionary approach to treating atrial fibrillation developed through a combined 53 years working with a fib patients The effectiveness of their plan has been proven through countless medical studies And now in The AFib Cure Get Off Your Medications Take Control of Your Health and Add Years to Your Life they share that plan with you If you re looking for a drug free solution to your atrial fibrillation or have a family history of atrial fibrillation and don t want to suffer the same fate The AFib Cure is for you Let The AFib Cure show you how to live longer healthier free from medications and free from the fear of atrial fibrillation overshadowing your life

Deep Brain Stimulation Think Tank: Updates in Neurotechnology and

Neuromodulation, Volume II Adolfo Ramirez-Zamora, Casey Halpern, James J. Giordano, Michael S. Okun, Christopher Butson, 2022-06-27

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