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Sleep Optimization Reviews New

Lori Beckstead, Dario Llinares



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Technosleep Catherine Coveney, Michael Greaney, Eric L. Hsu, Robert Meadows, Simon J. Williams, 2023-06-25 This book draws on a variety of substantive examples from science technology medicine literature and popular culture to highlight how a new technoscientifically mediated and modified phase and form of technosleep is now in the making in the global north at least and to discuss the consequences for our relationships to sleep the values we accord sleep and the very nature and normativities of sleep itself The authors discuss how technosleep at its simplest denotes the coming together or entanglements of sleep and technology and sensitizes us to various shifts in sleep technology relations through culture time and place In doing so it pays close attention to the salience and significance of these trends and transformations to date in everyday night life their implications for sleep inequalities and the related issues of sleep and social justice they suggest

Predicted Humans Simona Chiodo, 2024-06-14 Predicting our future as individuals is central to the role of much emerging technology from hiring algorithms that predict our professional success or failure to biomarkers that predict how long or short our healthy or unhealthy life will be Yet much in Western culture from scripture to mythology to philosophy suggests that knowing one's future may not be in the subject's best interests and might even lead to disaster If predicting our future as individuals can be harmful as well as beneficial why are we so willing to engage in so much prediction from cradle to grave This book offers a philosophical answer reflecting on seminal texts in Western culture to argue that predicting our future renders much of our existence the automated effect of various causes which in turn helps to alleviate the existential burden of autonomously making sense of our lives in a more competitive demanding accelerated society An exploration of our tendency in a technological era to engineer and so rid ourselves of that which has hitherto been our primary reason for being making life plans for a successful future while faced with epistemological and ethical uncertainties Predicted Humans will appeal to scholars of philosophy and social theory with interests in questions of moral responsibility and meaning in an increasingly technological world

Podcast Studies Lori Beckstead, Dario Llinares, 2025-01-21 Podcast Studies Practice into Theory critically examines the emergent field of podcasting in academia revealing its significant impact on scholarly communication and approaches to research and knowledge creation This collection presents in depth analyses from scholars who have integrated podcasting into their academic pursuits The book systematically explores the medium's implications for teaching its effectiveness in reaching broader audiences and its role in reshaping the dissemination of academic work Covering a spectrum of disciplines the contributors detail their engagement with podcasting providing insight into its use as both a research tool and an object of analysis thereby illuminating the multifaceted ways in which podcasting intersects with and influences academic life The volume provides substantive evidence of podcasting's transformative effect on academia offering reflections on its potential to facilitate a more accessible and engaging form of scholarly output By presenting case studies and empirical research Podcast Studies Practice into Theory underscores the originality of podcasting as an academic

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Outsmarting Autoimmunity: A Guide to Regaining Control Over Your Health Andrea Febrian, 2024-09-11

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The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility Lisa Hendrickson-Jack, 2019-01-21

MENSTRUATION ISN T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign just like your pulse temperature respiration rate and blood pressure And it provides you with essential information about your health *The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility* brings together over 1 000 meticulously researched scientific references in a textbook quality guide to understanding your menstrual cycle In this book you ll learn What a normal cycle looks like The best way to chart your cycle and increase your fertility awareness How best to manage critical aspects of your health including better sleep exercise and a healthier diet Natural methods for managing period pain and PMS How to successfully avoid pregnancy without the pill and How to plan ahead if you do want to get pregnant *The Fifth Vital Sign* aims to better connect women with their menstrual cycles to break the myth that ovulation is only important when you re ready to have a baby READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not your health matters Start learning more now and take control of your health ABOUT THE

AUTHOR Lisa Hendrickson Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner She teaches women to chart their menstrual cycles for natural birth control conception and overall health monitoring In her work Lisa draws heavily from the current scientific literature and presents an evidence based approach to fertility awareness and menstrual cycle optimization

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the Heart Mark Eisenberg,Jonathan Afilalo,Jacqueline Joza,Ravi Karra,Patrick Lawler,2018-08-22 GAIN A GREATER UNDERSTANDING OF CARDIOVASCULAR MEDICINE AND SHARPEN YOUR BOARD PREPARATION SKILLS WITH THE ONLY REVIEW BASED ON THE CONTENT OF HURST S THE HEARTCardiology Board Review and Self Assessment is an all inclusive study guide and learning tool written to complement the Fourteenth Edition of Hurst s the Heart the field s cornerstone text and the resource considered by many to be the pinnacle of cardiovascular knowledge Cardiology Board Review and Self Assessment contains more than 1 100 carefully selected questions and answers presented in multiple choice format Each of the 112 chapters of Hurst s the Heart is represented in this unique review with ten multiple choice questions Detailed answers are provided for each question including not only an explanation of why the correct answer is correct but also why the incorrect answers are incorrect HERE S WHY THIS IS THE ULTIMATE BOARD REVIEW AND CARDIOLOGY LEARNING TOOL Questions and answers correspond to appropriate sections of Hurst s the Heart and include valuable tables figures images and references The more than 1 100 Q A span the depth and breadth of the entire field of cardiovascular medicine High yield material is specifically selected for Board relevance Includes content based on ACC AHA and ESC guidelinesCardiology Board Review and Self Assessment A Companion Guide to Hurst s the Heart is essential reading for anyone preparing to take the Subspecialty Examination in Cardiovascular Disease given by the Board of Internal Medicine as well as practicing cardiologists preparing for recertification It is also of value to medical students residents fellows practicing physicians and other healthcare professionals who wish to expand their knowledge of cardiovascular medicine **Family**

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