

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 environment and hormone 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, coffee, rich dairy products, coffee)



Sleep in a cool, ventilated, dark room

Sleep Optimization Tips Los Angeles

**United States. Air Force. Office of
Scientific Research**

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Foundations of Augmented Cognition. Neuroergonomics and Operational Neuroscience Dylan D. Schmorow, Ivy V. Estabrooke, Marc Grootjen, 2009-07-15 The 13th International Conference on Human Computer Interaction HCI International 2009 was held in San Diego California USA July 19 24 2009 jointly with the Symposium on Human Interface Japan 2009 the 8th International Conference on Engineering Psychology and Cognitive Ergonomics the 5th International Conference on Universal Access in Human Computer Interaction the Third International Conference on Virtual and Mixed Reality the Third International Conference on Internationalization Design and Global Development the Third International Conference on Online Communities and Social Computing the 5th International Conference on Augmented Cognition the Second International Conference on Digital Human Modeling and the First International Conference on Human Centered Design A total of 4 348 individuals from academia research institutes industry and governmental agencies from 73 countries submitted contributions and 1 397 papers that were judged to be of high scientific quality were included in the program These papers present the latest research and development efforts and highlight the human aspects of the design and use of computing systems The papers accepted for presentation thoroughly cover the entire field of human computer interaction addressing major advances in knowledge and effective use of computers in a variety of application areas *Vigilance and Performance in Automatized Systems/Vigilance et Performance de l'Homme dans les Systèmes Automatisés* A.

Coblentz, 2012-12-06 *Sleep and Combat-Related Post Traumatic Stress Disorder* Eric Vermetten, Anne Germain, Thomas C. Neylan, 2017-11-29 There are few clinical problems in the sleep medicine field that are more challenging than the sleep difficulties experienced by individuals suffering from post traumatic stress disorder PTSD This book offers a unique complete resource addressing all the basic concepts and clinical applications in sleep medicine in settings where combat related PTSD is commonplace Authored by leading international experts in the field of sleep military medicine Sleep and Combat Related Post Traumatic Stress Disorder is organized in six sections and provides a broad perspective of the field from the established theories to the most recent developments in research including the latest neuroscientific perspectives surrounding sleep and PTSD The result is a full assessment of sleep in relation to combat related PTSD and a gold standard volume that is the first of its kind This comprehensive title will be of great interest to a wide range of clinicians from academics and clinicians working within or in partnership with the military health care system to veteran hospital physicians and all health personnel who work with war veterans *Sleepiness* Michael J. Thorpy, Michel Billiard, 2011-01-27 Written and edited by leading clinicians and researchers in sleep medicine this is the first book to focus on the causes consequences and treatment of disorders of excessive sleepiness Extensive coverage is provided for all known causes of sleepiness including sleep deprivation obstructive sleep apnea syndrome narcolepsy and other hypersomnias of central origin shift work and medical and psychiatric disorders Since many causes of sleepiness are difficult to differentiate from each other and treatment

modalities can vary greatly from one disorder to another this book helps the clinician to formulate a differential diagnosis that will ultimately lead to the correct diagnosis Epidemiology evaluation of the sleepy patient diagnostic investigations including neuroimaging subjective and objective testing cognitive effects of sleepiness motor vehicle driving issues medico legal aspects of sleepiness and therapy are also discussed in detail This is an essential resource for neurologists psychiatrists and sleep specialists

Handbook of Human Performance Technology James A. Pershing, 2006-03-31 The first two editions of the Handbook of Human Performance Technology helped define the rapidly growing and vibrant field of human performance technology a systematic approach to improving individual and organizational performance Exhaustively researched this comprehensive sourcebook not only updates key foundational chapters on organizational change evaluation instructional design and motivation but it also features breakthrough chapters on performance technology in action and addresses many new topics in the field such as certification Six Sigma and communities of practice Boasting fifty five new chapters contributors to this new edition comprise a veritable who's who in the field of performance improvement including Geary Rummler Roger Kaufman Ruth Clark Allison Rossett Margo Murray Judith Hale Dana and James Robinson and many others Praise for the third edition of the Handbook of Human Performance Technology If you are in the business of trying to improve organizational performance this Handbook should be the first place you look for answers to questions about human performance technology Joseph J Durzo CPT Ph D senior vice president and chief learning officer Archstone Smith This newest edition of the Handbook provides an unparalleled all encompassing survey of the latest theory and its practical application in this emergent field This book is a must have reference for any professional wishing to systematically improve performance within their organization Weston McMillan CPT manager training and development eBay Inc An invaluable engaging resource for anyone charged with improving workplace performance It not only provides the background and foundations of our profession but more importantly it also provides the most up to date descriptions of how to apply HPT to drive results Rodger Stotz CPT vice president and managing consultant Maritz Inc This book is filled with insights both for those who are new to the field and also for those who are experienced It offers concrete advice and examples on how to use HPT to impact business results and how to work successfully within organizations Anne Marie Laures CPT director learning services Walgreen Co The Handbook contains many of the secrets for improving the performance of individuals groups and organizations Robert F Mager author *Analyzing Performance Problems* and *How to Turn Learners On Without Turning Them Off*

AFOSR. United States. Air Force. Office of Scientific Research, 1968 *Encyclopedia of Human Behavior*, 2012-01-31 The Encyclopedia of Human Behavior Second Edition Three Volume Set is an award winning three volume reference on human action and reaction and the thoughts feelings and physiological functions behind those actions Presented alphabetically by title 300 articles probe both enduring and exciting new topics in physiological psychology perception personality abnormal and clinical psychology cognition and learning social psychology developmental psychology language

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Principles and Practice of Sleep Medicine

Meir H. Kryger,William C. Dement,1994 Revised and updated to include all the latest developments in the advancing field of sleep medicine this book covers the basic sciences as well as sleep pathology in adults New coverage on psychiatry circadian rhythms cardiovascular diseases and sleep apnoea treatment and diagnosis

Crew Factors in Flight Operations 9:

Effects of Planned Cockpit Rest on Crew Performance and Alertness in Long-haul Operations ,1994 The American Review of Respiratory Disease ,1991 Includes Abstracts section previously issued separately **Sleep Disorders Medicine** Sudhansu Chokroverty,1994 A comprehensive practical treatise on sleep disorders medicine providing clinicians in many disciplines who have an interest in sleep and sleep disorders with a comprehensive scientific basis for understanding sleep as well as presenting information on the diagnosis and treatment of a wide variety of sleep disorders which are increasingly being recognized The volume is divided into three sections basic aspects of sleep sleep technology and the clinical science of sleep Annotation copyright by Book News Inc Portland OR Limitations Neurologiques Des Opérations Aériennes North Atlantic Treaty Organization. Advisory Group for Aerospace Research and Development. Aerospace Medical Panel. Symposium,1996 High Performance ,1988 Handbook of Clinical Child Psychology C. Eugene Walker,Michael C. Roberts,1992 Covers normal and abnormal development assessment and diagnosis psychopathology in three sections encompassing infancy childhood and adolescence and intervention strategies A final section examines special topics Serves as a reference and graduate text on the full range of children s psychological problems Includes relevant research on each of the topics covered as well as a bibliography and guidelines for practice Particularly useful for board certification review

International Journal of Neuroscience ,1982 **Journal of Experimental Psychology** ,1976 **Annals of the Academy of Medicine, Singapore** Academy of Medicine (Singapore),2008 Transportation Noise Reference Book P. M. Nelson,1987 **Communications in Behavioral Biology** ,1968 Health and High Performance Robert J.

Brosmer, Deborah L. Waldron, 1991

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