

Things to do two hours before you go to bed without screens.

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Hi!

Sleeping is something we all like to do. If youre like me, a lot of the things you enjoy doing during the day involves screens. But screens are not good to look at before you go to bed - I guess its the blue light, but probably its also the amount of information that tends to go with it. As almost everybody has heard by now - our minds are not evolved for the amount of information we get today.

There may be research that proves that screens close to bedtime are bad for your sleep, but for me its enough that I have noticed that it seems to have that effect on me personally. If you feel the same, hopefully this booklet will be helpful! This booklet is not intended to be read cover to cover, but rather to be hung on your bulletin-board for some inspiration when you really want to watch Rick and Morty (or whatever is your poison), but can see nighttime approaching...

This is useless unless you figure out when you're bedtime is... Personally, I like to sleep 9 hours, but thats up to you. :)

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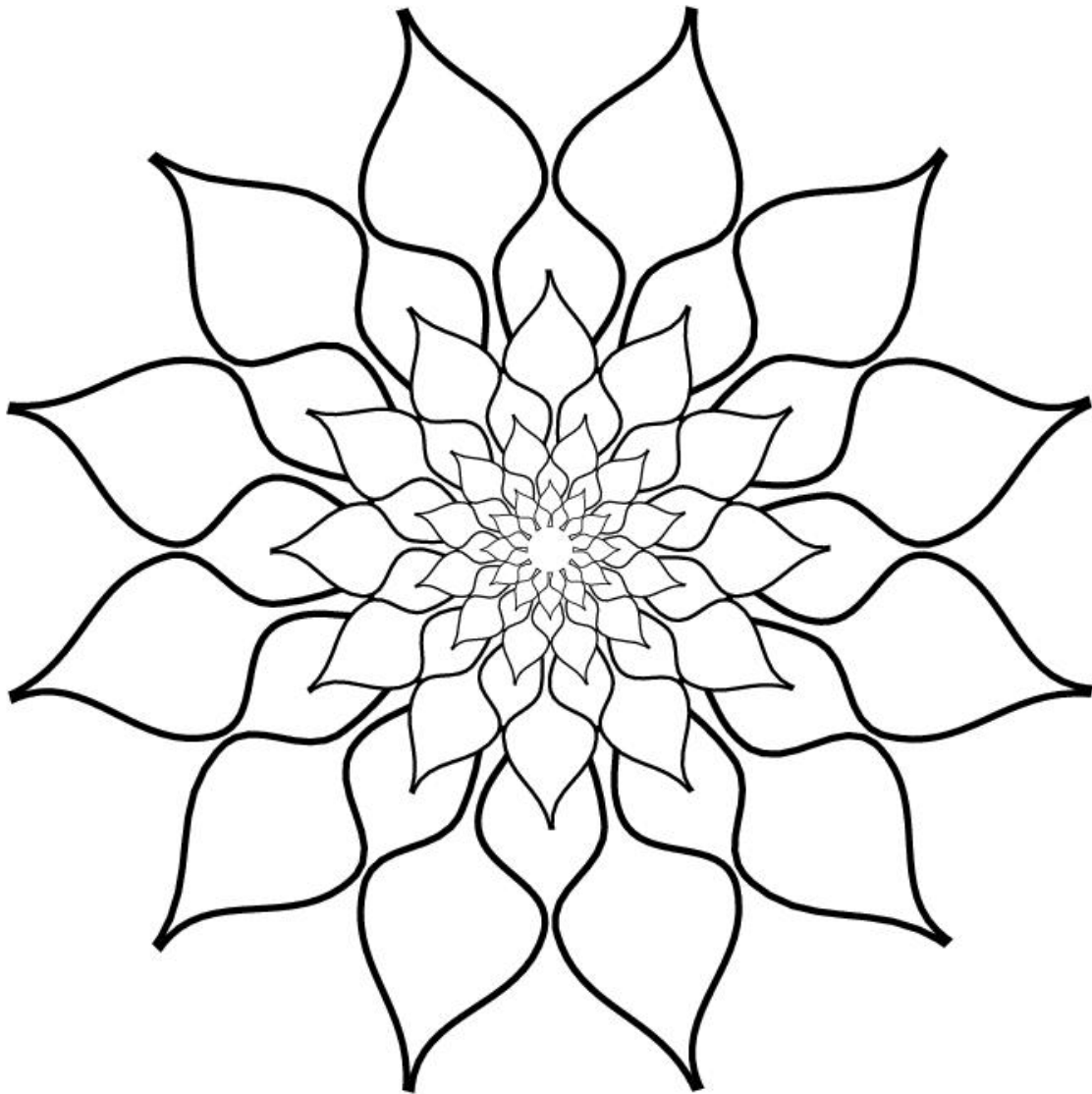
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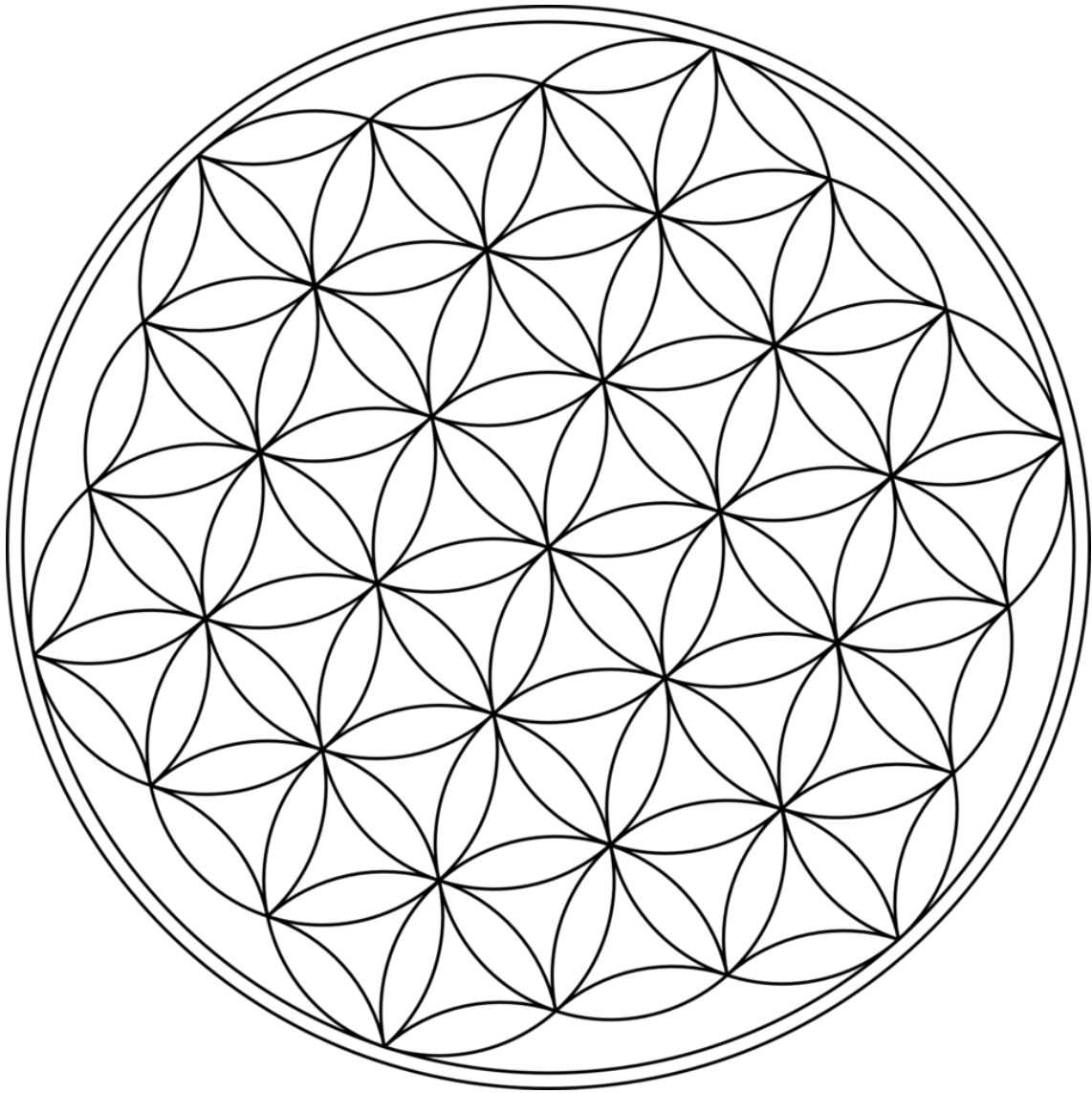
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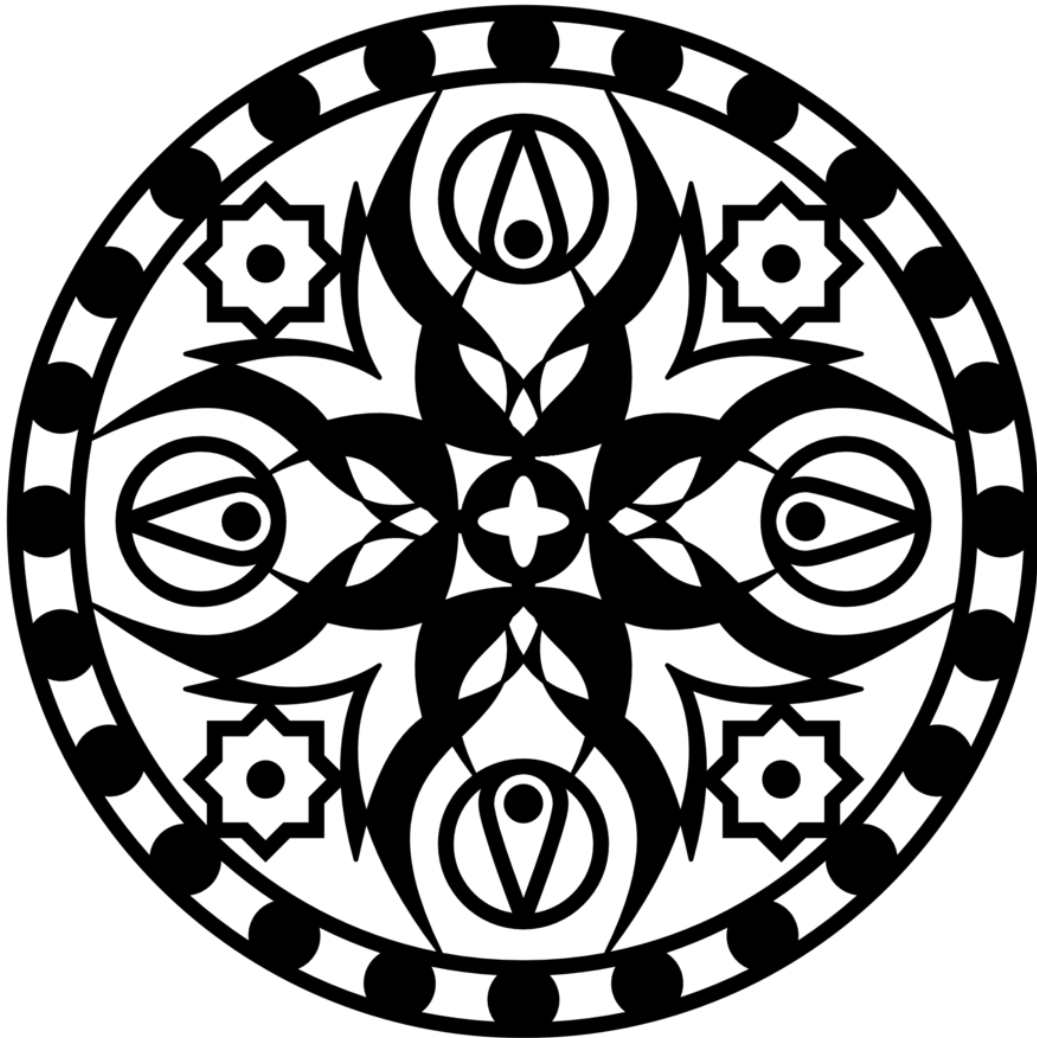
If you enjoyed solving these - there are plenty of sudoku files on the internet, to be downloaded and printed well before bedtime. :)

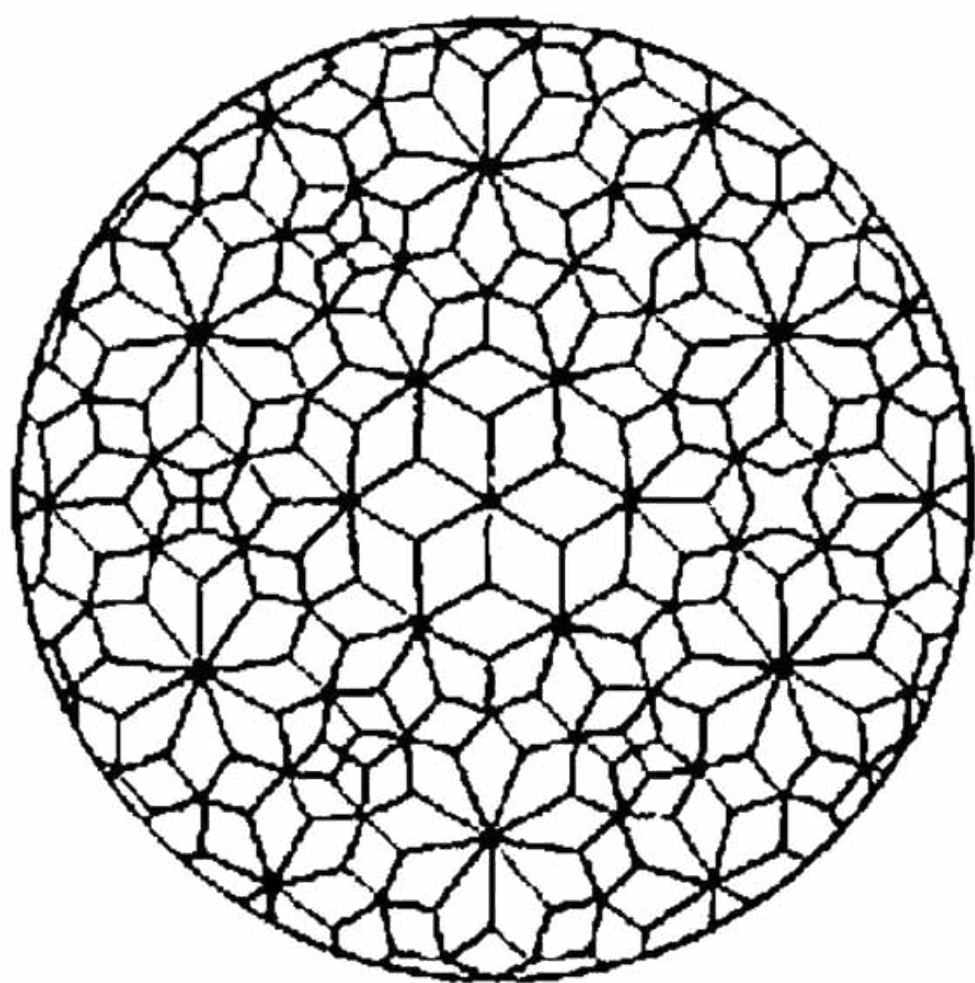
Mandalas

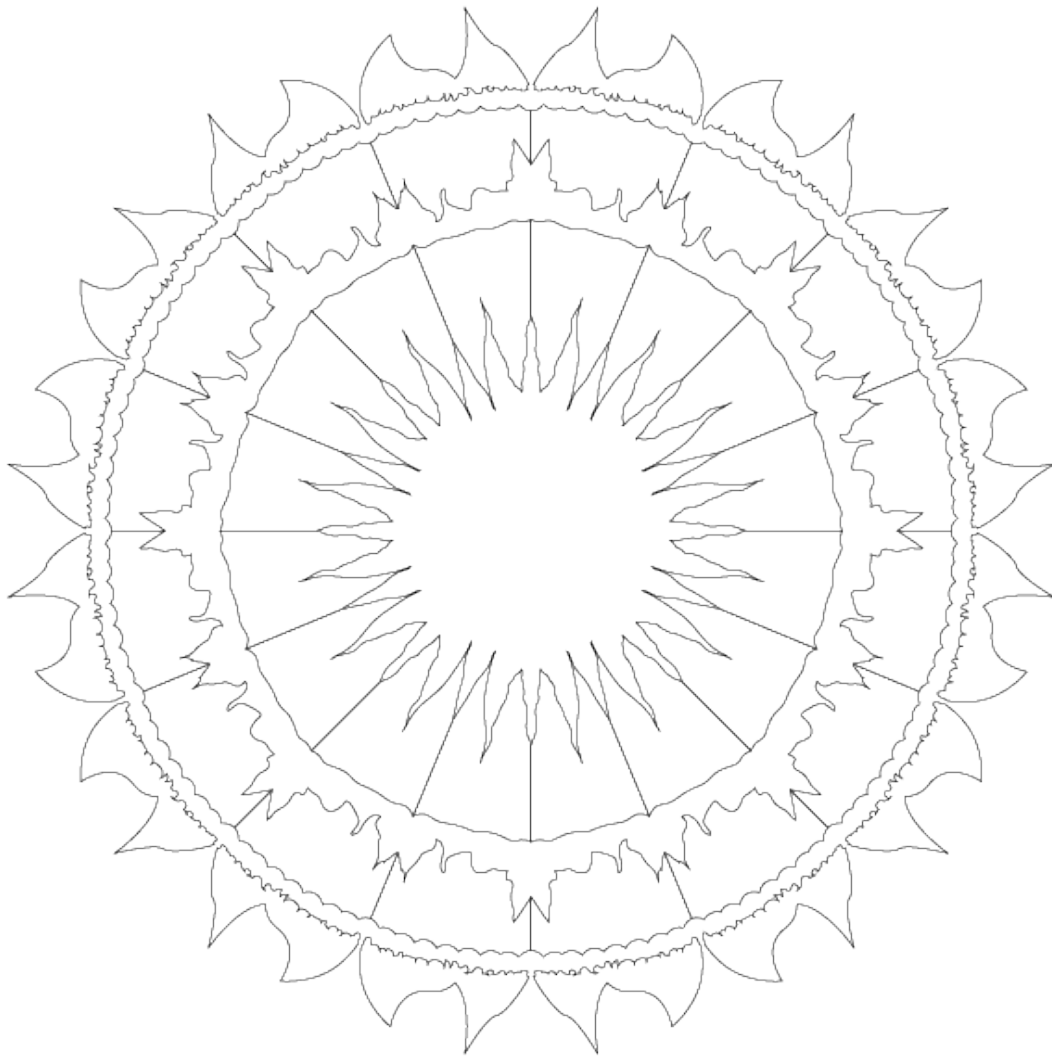
Here are 5 mandalas you can colour.







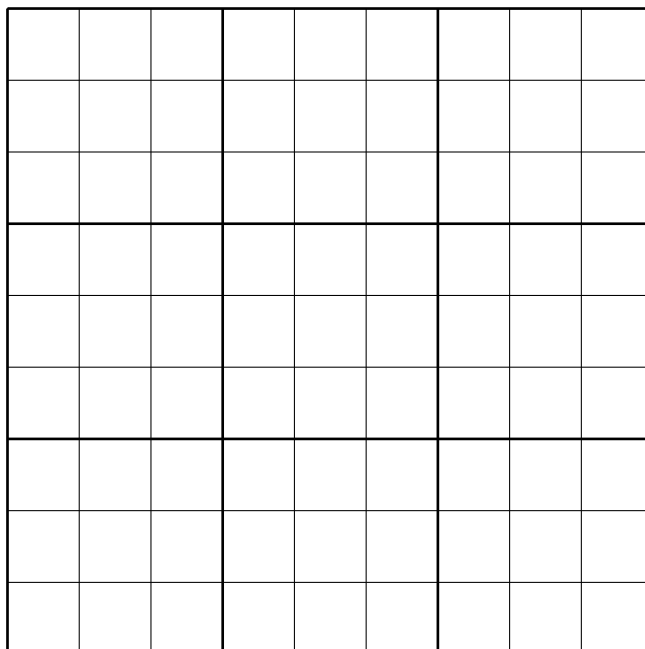
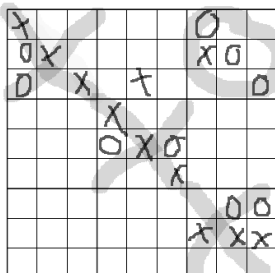


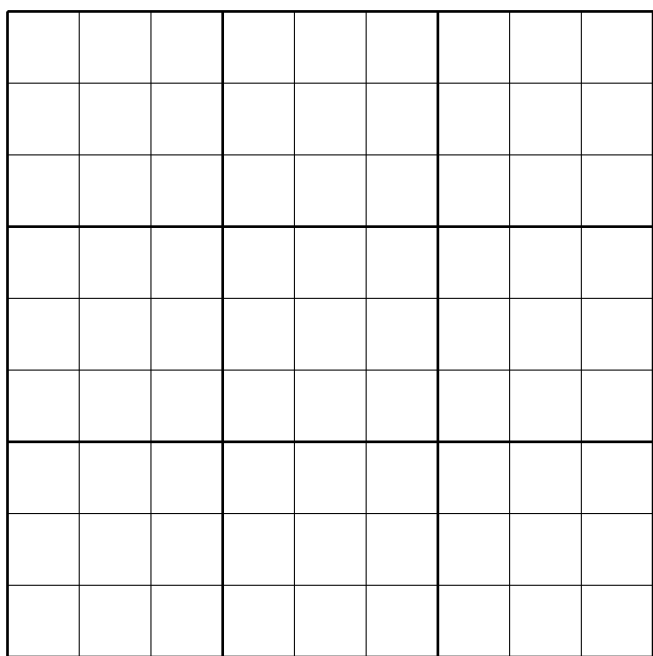


If you enjoyed colouring these - there are plenty of mandala files on the internet, to be downloaded and printed well before bedtime. :)

Inception tic-tac-toe

If you have a companion in your non-screen-ness you can play inception tic-tac-toe! Its just like normal tic-tac-toe - every turn you put a x or o in one of the boxes - but you don't win until you have three won sub-boxes in a row. Like in this pretty example:





I think you will manage to make your own if the ready-made boards run out. ;)

Suggestion-lists

One suggested use for these: Rip one out per week and put up on your refrigerator. Check the ones you've done. Obviously its quite personal what shit you find fun to do, so there are five blank checkboxes where you can add your own stuff (if you want - obviously).

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- Idea-list for things you can do without screens.

- ☐ make bread (basic bread recipe further down)
- ☐ take a long walk and then take a bath and read a good book (list of good books to be inserted).
- ☐ write reflections on the day on paper.
- ☐ drink hippie tea (ginger and honey).
- ☐ Do yoga without following a video - this means you probably have to do the same routine every time. I can't do this yet - hope you can!
- ☐ Play an instrument
- ☐ Actually listen to a full album.
- ☐ Meditate, accept yourself for who you are, chill with your faults.
- ☐ Talk to a plant about the videos you would like to watch.
- ☐ Talk to a human (warning - they talk back!).
- ☐ Make food for the next day and enjoy having lots of time to do it.

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A bread recipe and a totally objective list of great books

Bread Recipe

This is a basic bread recipe:

- 500 g of wheat flour
 - 325 g of water
 - 10 g of salt (about 1.5 tsp)
 - 3 g of fresh yeast.
1. Mix all ingredients together until you have a smooth silky dough
 2. Wait until dough doubled in size (also known as bulk fermentation). This takes on average 8 hours
 3. Shape a dough ball
 4. Place in baneton or in a floured bowl
 5. Wait until almost doubled in size (also known as proofing). This takes on average 2 hours at room temperature or 24 hours in the fridge
 6. Bake 20 minutes in preheated oven at 230°C with a bowl of water
 7. Remove bowl of water after 20 minutes, bake another 20 minutes
 8. Baking is finished when bread has desired brown color

Now I followed this recipe, **but ended up using 25 g of yeast and quite a lot more flour.** But if you start with this recipe and just add more flour and probably also yeast maybe it works for you too! No shade on the recipe-creator (user hendricius on github - the-bread-code), he was probably using American ingredients which are probably a bit different than Swedish ingredients. The bread turned out good in the end! The ingredients are cheap, too.

A totally objective list of great books

Ok, so of course a book-list is one of the most subjective things you can make. But since this is partly self-therapy I'm inserting it anyway. This is based on a list made by me for an improvised book café a summer ago and its the books i wanted to find complemented with suggestions from friends. Remember to pick up a book somewhere before bedtime. The local library is your friend.
:)

Authors, mainly of books

- Ursula Le Guin,
- Michael Ende,
- Tove Jansson,
- Dostoyevski,
- Leo Tolstoy,
- Douglas Adams
- Shakespeare,
- Kafka,
- Neil Gaiman,
- Terry Pratchett,
- Mythology books illustrated by Michael Foreman,
- Umberto Eco,
- Edgar Allan Poe,
- Stephen King,
- JD Salinger,
- Niklas natt och dag - 1793
- Alexander Solsjenitsyn
- George Orwell,
- Isaac Asimov,
- Ray Bradbury,
- Sophocles, maybe. I guess.
- Vernor Vinge,
- Haruki Murakami,

- Falstaff Fakir
- Selma Lagerlöf
- Cixin Liu

Authors, mainly of poems

- Baudelaire
- Bashao or whatever his name was, Japan - haven't read much
- Issa, haven't read much
- Nils Ferlin,
- Fröding,
- Majakovskij

Titles

- TH White - Arthur,
- Bhagavad Gita,
- Narnia,
- The first harry potter book,
- On the road, Jack Kerouack,
- 5 Rings or something, some kind of welsh story,
- The moon of Gomrath,
- The lord of the Flies,
- Beowulf, the translation by Seamus Heaney,
- The Koran
- The Bible
- Faust
- Odysseus, by James Joyce,

Credits -

The first mandala was created by LaTeX user user121799.

The second to last mandala was created from here: <https://grundschulblogs.blogspot.com/2020/07/inspirierend-mandala-1-klasse-religion.html> (you can look at it when its not two hours before bedtime).

The last mandala has a to me unknown creator - if you know who made it let me know so I can credit that person. :)

The other two mandalas are in the public domain.

Mandala on the very last page is made with code from LaTeX user David Carlisle

The bread recipe is, as mentioned, from The Breadcode on Github, a repository created by Github user hendricius.

The sudoku puzzles included here were created by Peter Wilson, who also created a LaTeX package for generating and solving sudoku - sudokubundle (available at CTAN). Booklet created using the free software LaTeX, emacs and Gimp and printed at our awesome hacklab Linkping in Linköping. This booklet was created by David Jacobsson - you can e-mail me at david@gnyrftacode.se two hours before your bedtime.

