

Why we sleep book download

Please answer the questions A through D each day for the next two weeks. The goal is to measure the model and the quality of sleep, and the factors that may affect your sleep during two weeks. The other weeks that concern me sleep the night. Try to respond to these immediately after getting up every day when the details of the previous night are fresh in your mind. The moscissioni J s are for the day leading to sleep at night. Try to answer these at least an hour before going to bed when the details are fresh in your mind. What time did you wake up this morning? B. What time you went to bed last night? C. About how long it is wanted first to fall asleep? (Record in minutes.) Q. How many times have you woken up during the night (enough to be fully aware)? E. How long did you sleep last night to help you sleep? G. How usually do you feel today? Record on a scale of 1-4. 1 - Not good at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Lethargic. 2 - slow but ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. Scale of 1-4. 1 - Not at all. 2 - Just ok. 3 - Finish. 4 - Very buono. J. 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Scale of 1-4. 1 - N How many cups of caffeinated beverages (tea, coffee, cola, etc.) You had before 17:00? L. How many units of alcohol you had before 17:00? one unit of alcohol is approximately equal to: half a pint of beer / lager of ordinary strength or a small measure of the pub (25 ml) of spirits or a measure of the standard pub (50 ml) of sherry or port, or a small ordinary strength wine glass. How many units of alcohol you had after 17:00? No How much physical exercise activities you did before 21:00? (Record in minutes - for example, 40 minutes.) Moderate physical activities / exercise includes brisk walking, jogging, dancing, swimming, heavy DIY, gardening, etc. How much activity / moderate or vigorous exercise did you do after 21:00? P. Did you get some street drugs (cocaine, amphetamines, heroin, etc.)? It No. If yes, write what (s) .q. Have you had any channel during the day or evening? Yes / No.r. If you took a nap, how long it is long naps? Record in minutes. Fill any other details that might be relevant. For example, if you were particularly stressed, anxious, depressed or sick. Instructions is a community for people who like to do things. Come and explore, share, and make your next project with us! Instruments is a community for people who like to do things. Come and explore, share, and make your next project with us! Instruments is a community for people who like to do things. Come and explore, share, and make your next project with us! Instruments is a community for the people who like to do things. Come and explore, share, and make your next project with us! Instruments is a community for people who like to do things. Come and explore, share, and make your next project with us! Instruments is a community for people who like to do things. Come and explore, share, and make your next project with us! Instruments is a community for people who like to do things. Come and explore, share, and make your next project with us! 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