

12 HACKS TO HAVE THE BEST SLEEP OF YOUR LIFE

Conquer Training
Lifestyle - Health - Sculpting

@Marcus__Rice



Sleep in a dark room w/cool temperature



Have a consistent bed time



Avoid blue light before bed



Strength Training



Sleep with a pillow between knees



Stay active during the day



Sip on some decaf tea in evening



Write a to-do list for next day before bed



Don't go to bed thirsty



Avoid late caffeine



Wind down/relax an hour before sleep



Try a kiwi before bed

Sleep Hacks Update Setup

G Orfield



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web degree of reaction zero reaction stage let us first discuss the special case of zero reaction according to the definition of

reaction when $\Lambda = 0$ equation upper reveals that $h_1 = h_2$ and equation lower that $\beta_1 = \beta_2$ fifty percent reaction stage β_2 and the

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web the 50 reaction turbine has been used widely and has special significance the velocity diagram of a 50 reaction is symmetrical and for the maximum utilization factor the exit velocity v_2 must be axial figure 2 40 shows a velocity diagram of a 50 reaction turbine and the effect on the utilization factor

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web $p_1 v_1 u_1 v_{12} z_1 q p_2 v_2 u_2 v_{22} z_2 w p_1 v_1 u_1 h_1$ enthalpy of steam at inlet $p_2 v_2 u_2 h_2$ enthalpy of steam at exit $h_1 v_{12} z_1 q h_2 v_{22} z_2 w$ generally changes in potential energy are negligible $z_1 z_2$ if no heat is supplied from the

surroundings then q 0

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