

# 10 SCIENCE-BACKED HACKS FOR BETTER SLEEP

**CREATE A CONSISTENT SLEEP SCHEDULE**



**OPTIMIZE YOUR SLEEP ENVIRONMENT**



**REDUCE BLUE LIGHT EXPOSURE**



**LIMIT CAFFEINE AND ALCOHOL**



**EXERCISE REGULARLY FOR BETTER SLEEP**



**BOOST YOUR MENTAL HEALTH WITH GENIUS WAVE**



**PRACTICE RELAXATION TECHNIQUES**



**BE MINDFUL OF YOUR DIET**



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# Act Practice Sleep Hacks Today

**Marco Cascella**



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en 15085 standardı demiryolu araçları ve bileşenlerinin kaynak işlemini tanımlamakta olup demiryolu araçları ve parçalarının üretimini tamirini revizyonunu gerçekleştiren kuruluşların en 15085 2 belgesine sahip olması kaynaklı imalatının uluslararası standartlarda belirtilen gereklilikleri sağladığını göstermektedir

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tamamen demiryolu sektörüne yönelik olarak tasarlanan en iso 15085 standardı almanya da uygulanan din 6700 standart serisinin yerini almıştır 2007 yılında avrupa standartlar komitesi tarafından yayınlanan demiryolu araçları parçaları ve alt montajların kaynaklı imalatını yapan imalatçı firmalar içindir

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the en iso 15085 standard defines the quality criteria in order to meet the technical requirements of the welding the standard calls for minimum technical organisational requirements of qualifications to be able to carry out or subcontract welding jobs

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tasks and responsibilities of the ecwrv and system online register en 15085 1 general welding of railway vehicles and components en iso 9606 1 en iso 14732 qualification of welders and welding operators en iso 9606 2 en iso 14732 qualification of welders and welding operators

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the en 15085 series of standards supplements those requirements and defines special requirements for the construction and maintenance of railway vehicles this document can also be used by internal and external parties including accredited certification bodies

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railway vehicles components and sub assemblies welding in the production of railway vehicles is an important process for the

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