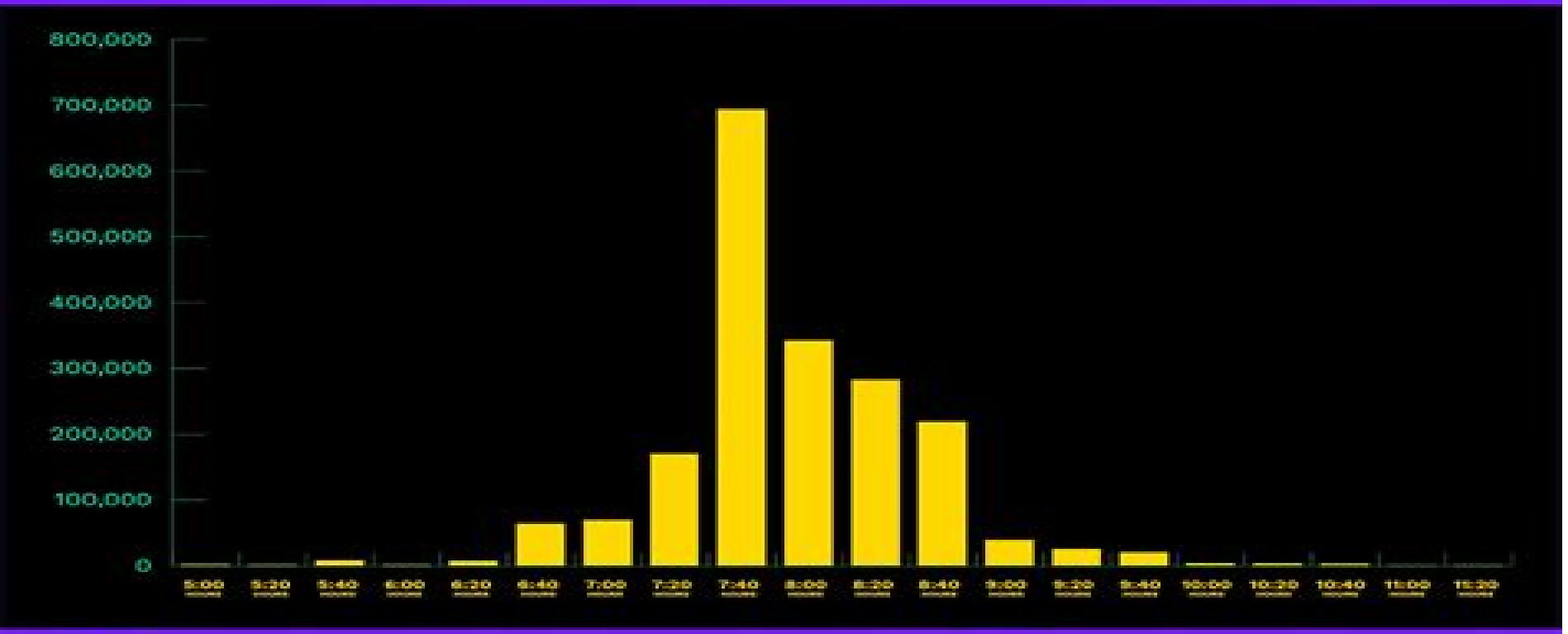
How Much Sleep Do You Need?

A look at sleep need data from 1.95 million RISE users aged 24 and up



RISE users have sleep needs ranging from 5 hours to 11 hours and 30 minutes

The median RISE sleep need is 8 hours

The median sleep need for men is 8 hours and for women 8 hours and 15 minutes

48% of RISE users need 8 hours or more sleep a night

DOWNLOAD THE RISE APP TO FIND OUT HOW MUCH SLEEP *YOU* NEED

Sleep Hacks Compare Store Hours

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Hacker's Diary Adam Smith,2018-08-22 A debut novel by Adam Prockstem Smith He is living in Israel and after several months of work in Duty Free he comes up with an idea how to elegantly rob the place As a computer science and computer application enthusiast he lives the life of a writer in the Middle East The main hero in this book is a Hacker and he describes in a diary manner the mind that stands behind a perfect cybercrime The book has resources points of enlightenment and philosophical ruminations It has every aspect of a good afternoon read for every type of reader that is not afraid to be spoken by the intelligent author Throughout this book you will learn about Dark Web and elementary aspects of planning a cybercrime It is a fiction nonetheless not a practical guide Tips & Tricks for Comparing and Contrasting Texts Sandra K. Athans,Robin W. Parente,2014-07-15 One important part of the Common Core Standards for Reading is the ability to read two or more separate pieces of writing and then find their similarities and differences This volume penned by two teachers provides that important piece of the Common Core Standards by including several lengthy pieces of writing that students can read and enjoy and then study with a new eye for comparing and contrasting using the provided interactive quiz questions and tips from an expert reader *Tricks of the Trade* Janice Lieberman,Jason Raff,1998 Written by two of America s savviest consumer investigators this book offers shopping strategies insider secrets of dubious sales techniques and tips for making an informed purchase Focusing on the ten most common major purchases from jewelry to automobiles to electronics Janice Lieberman and Jason Raff will save you money The book also features some of the behind the scenes stories of their undercover investigations You won t believe some of the scams cons and swindles they uncover but you ll be glad they did

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do them lost focus of your priorities and questioned your lack of motivation or drive believed that if you slowed down your business would fail and the life you have worked so hard to create would crumble you re not alone Entrepreneur bestselling author and business coach Jadah Sellner knows what it s like to be burned out in debt and just barely holding on to a new business In the process of launching and building multiple companies she realized today s aggressive 24 7 hustle culture wasn t working for her or for her clients In She Builds Sellner shares a new entrepreneurial model for women centered on sustainable leadership a practical framework they can use to create a business on their own terms prioritize their well being and break free from the toxic culture that leads to burnout She Builds rests on four essential principles of L O V E LEAD Define enough and surround yourself with the support you need to build a business that lasts OPTIMIZE Learn tangible strategies for focusing on what matters to help you and your business thrive VISUALIZE Create a clear yet flexible twelve month road map that turns your dreams into reality EXPAND Develop a solid foundation for growth and longevity without losing yourself in the process Stepping back isn t a failure it s a strategy Sellner reminds us that we need to lead with love in life and business starting with ourselves and moving outward to our families our teams our communities and the customers we serve Filled with inspiring personal stories case studies interactive exercises and real world advice She Builds will help you grow your business and have time to enjoy your life too **The College Standard Dictionary of the English Language ...** Frank H. Vizetelly,1922

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