

Sleep Optimization & Circadian Rhythm

Beyond Melatonin

The Biohacker's Guide to Restorative Sleep



Manual Sleep Optimization

Beth B. Hogans



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web 6 a 218 g sample of steam at 121 $^\circ\text{C}$ is cooled to ice at 14 $^\circ\text{C}$ find the change in heat content of the system 7 in going from ice at 34 $^\circ\text{C}$ to steam at 138 $^\circ\text{C}$ a sample of water absorbs $1 41 \times 10^5 \text{ J}$ find the mass of the sample answers 1 2 68 $\times 10^4 \text{ J}$ 2 6 23 $\times 10^4 \text{ J}$ 3 1 71 $\times 10^4 \text{ J}$ 4 1 11 $\times 10^5 \text{ J}$ 5 2 11 $\times 10^5 \text{ J}$ 6

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