

Type and Range	When It Occurs
<b>Beta Waves</b> 13 - 30 Hz 	While awake
<b>Alpha Waves</b> 8 - 13 Hz 	While relaxed or sleepy
<b>Theta Waves</b> 4 - 8 Hz 	During stage 1 and 2 (light) sleep
<b>Delta Waves</b> 1 - 4 Hz 	During stage 3 (deep) sleep

# Sleep Health: How Wearable Tech and Sleep Optimization Strategies Are Changing Recovery



# Sleep Optimization Planner

**Puja Mehta**



## **Sleep Optimization Planner:**

## Embracing the Track of Appearance: An Mental Symphony within **Sleep Optimization Planner**

In some sort of used by monitors and the ceaseless chatter of fast connection, the melodic splendor and psychological symphony developed by the published word frequently fade into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. Nevertheless, set within the pages of **Sleep Optimization Planner** a charming literary value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this interesting masterpiece conducts readers on a mental trip, well unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths with this moving evaluation, we will explore the book is key harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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