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THE **SLEEP** SWITCH

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Tutorial Sleep Optimization

Jicheng Xie



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wideAIED papers presented at the 26th International Conference on Artificial Intelligence in Education AIED 2025 held in Palermo Italy during July 22-26 2025. The 72 full papers and 73 short papers, 72 of them presented as posters, presented in this book were carefully reviewed and selected from 296 submissions. They are organized in topical sections as follows: Part I: BlueSky Practitioners, Industry and Policy; WideAIED Doctoral Consortium; Part II: Late Breaking Results; Part III: Late Breaking Results, Workshops and Tutorials.

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Rest Assured Ed Merid, 2025-03-02. *Rest Assured: The Ultimate Guide to Sleep Optimization and Recovery* is more than just a book; it's a lifeline for anyone who has ever struggled with sleepless nights. This guide dives deep into the science of sleep, offering a step-by-step blueprint to help you achieve the restorative rest your body and mind crave. Inside, you'll learn:

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- Sleep Environment Optimization:** Create a sleep sanctuary with the ideal temperature, lighting, and sound levels for deep rest.
- Nighttime Rituals:** Master the art of winding down with relaxation techniques, natural sleep aids, and consistent pre-bed routines.
- The Sleep Diet:** Explore how nutrition affects your sleep and learn which foods promote restful nights and which ones sabotage them.
- Overcoming Sleep Disorders:** Gain insights into common sleep challenges like insomnia, sleep apnea, and restless leg syndrome, and learn proven strategies to overcome them.

With actionable advice, real-life examples, and a

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