

# T-BIOHACKERS UPDATE



## HACKING WORK:

THE ULTIMATE GUIDE TO WORK'S MOST ESSENTIAL BIOHACKS

# A LETTER FROM THE EDITOR

Welcome to the first published issue of Biohackers Update! We're very glad you're here and are excited to present you with all of our magazine's material – all designed to create a better you! As the editor, I've had the privilege to review each and every one of our articles written by our dedicated team of writers and researchers, and I must say how thrilled I am to be in a position where I can learn something new and interesting every day! But I'm even more excited to have our team share all of these techniques and habits with you.

We are an organization built on the premise of becoming better every day in every way. With all the information out there, we understand that it can be difficult and time consuming to know where to look for that next big, life-changing habit that leads to a growth in your character. That's why we did the work for you by researching all the best ways and methods out there and bringing them to you in a concise, easy-to-read format that makes for an enjoyable and thought-provoking read.

While we truly believe in the philosophy of self-care and self-loving, we are even more in tune with the philosophy of selflessness and sharing with our fellow man. That is the main motivation for all of us here at Biohackers Update – to share all the personal development information with every interested reader in the world. From the studious pupil to the laid-back islander, we write for all people and strive to have something of value for everyone in every issue.

Before reading on to the first of many helpful articles, let me first add that all of these articles are not a pure reflection of our team's everyday life. Yes, we ritually stick to some habits and others we try and test out for a bit before stopping altogether, but what we try to do after learning

about each new method is to look at this new information through the eyes of a student, not a follower. Being a follower can blindly lead you towards a life saturated with numerous rituals that overshadow your true identity. So please, don't take everything presented here to be a must-add to your daily routine. Instead, be a curious student and choose what to try and add to your growing character, thus enjoying the learning process altogether.

With that being said, we are always interested in any new practices out there as well and are eager to find those willing to share them with us. If you or someone you know has some original biohacks to share, please feel free to reach out to us through one of our social outlets or email and we'd be happy to investigate further and maybe write an article about it, mentioning your name of course as a primary source.

So, without further ado, read onwards to get a closer glimpse of your new favorite magazine! And from all of us here at Biohackers Update, keep your head up and hack on towards a better you! I like the part where we suggest to look at this with the point of view of seeking ,questioning ,applying Instead of blindly following this approach will give us more friendly and closer user interaction so that I think should be focused as it might increase the level of involvement from the target consumers.

-Editor-in-Chief , Dallas McClain

# FOREWORD

Biohacking. A phrase that is interpreted as diverse as is the community behind the term. For me, it means exploring and experimenting with all tools and practices available to find the ones that allow you to live your best possible life. With that said, it is just natural that biohacking is heavily centered around health.

But is that really enough to live the best possible life? What if your work does not satisfy you, you can't handle your finances and the family stress at home is killing you because the kids never do as they're told?

1.5 years ago, my wife and I had twins and I told my boss that I wanted to take some time off to connect with the family. Can you imagine his response? He fired me. With a little distance I can understand him in a way. I was leading the department responsible for all online communication and marketing of the whole company and he did not want to leave that team without a leader for a long period of time. But for me, in that moment it was hard. Suddenly without a job I had all the time in the world but with three little kids our sleep went to the gutter, stress piled up and the finances started to spiral out of control. Biohacking my own health just wasn't enough anymore.

I sat down and evaluated what I wanted to do with my life and knew just one thing. Going back to another 9-5 job wasn't an option anymore. I wanted to create a company that really has living optimally at its core. For me, my employees and clients. Sounds great in theory. Doesn't it?

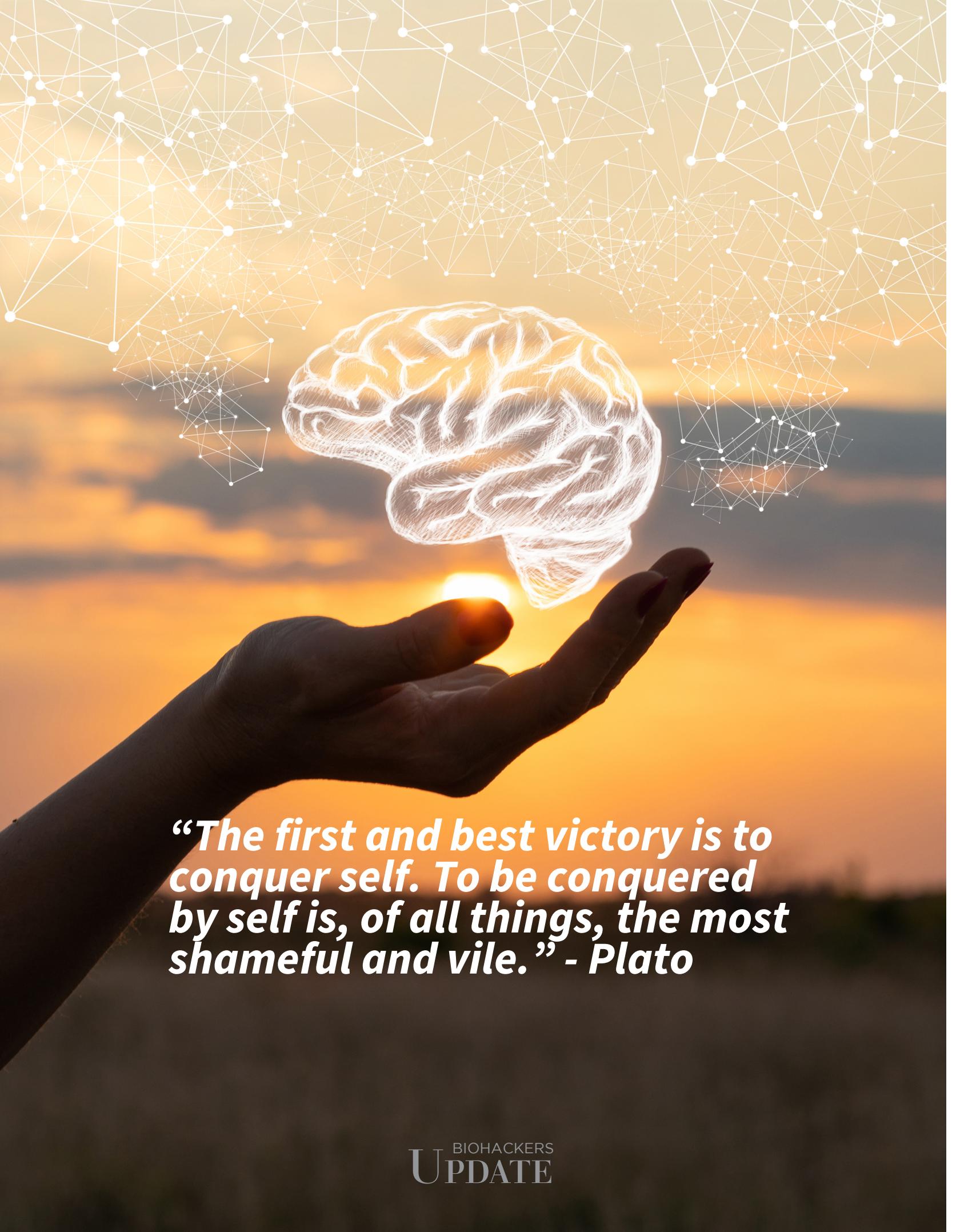
After many ideas, trials and errors it finally hit me while I was waiting in line at a store. Behind me was a huge wall with all kinds of different magazines. Fitness, Soccer, Hunting, Knitwork. I saw everything I could imagine there... and more. Why wasn't there anything for a biohacker? Something that isn't all about fitness and having six pack abs like so many of the covers promised me in just twelve weeks!

There on this day. Biohackers Update was born.

Fast forwarding to the present, I can't tell you how crazy it feels. How crazy it actually is that I can write these words now knowing that soon real people are holding "my" magazine in their hands or reading it on their screen. That we somehow pulled this off. That I found a team so passionate as I am. A team that brought this vision into reality. How thankful I am that so many of you motivated us on social media or in person. Last but most important, that you - the reader - trusted us so much that you paid real money to read this.

Thank you!

Joschka Strakerjahn, Founder & CEO



***“The first and best victory is to conquer self. To be conquered by self is, of all things, the most shameful and vile.” - Plato***

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# FITNESS

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***“When you compete against everyone else, no one wants to help you. But when you compete against yourself, everyone wants to help you.”  
Simon Sinek***





## SITTING VS STANDING. WHAT IS BETTER FOR YOUR HEALTH?

Everyone wants to be more productive in life while becoming healthier and increasing their daily supply of energy; To apply themselves better or to optimize their input and maximize the output. But often we are not able to achieve it. Blame it on bad habits, bad luck, bad timing or maybe a lack of alternatives.

What if there was a better way- a different approach to optimizing your work?

Taking responsibility for your own life and implementing a couple of biohacking techniques into your daily routines will help you achieve overall development, evolving you into the best version of yourself.

Understanding the problem is half the solution so let's get into it.

### **Posture**

Let us start with how you position yourself in the workplace. Most urban people around the world have a desk job that requires them to have at least 8 productive hours each day. Not to be “employee of the month” but it is in the offer letter. Since 1960 the number of jobs that involves sedentary activity has increased by a massive 83%. This is a cause for concern as most back pain and posture problems have their roots in prolonged sitting, which also suppresses a gene that helps our cardiovascular system maintain a healthy aspect, and reduces the inflammation our natural defense system uses for injuries. It goes without saying, a person in distress can never live optimally.

## Standing

Turns out, the urban working class throughout the world is suffering alongside you. Researchers worldwide are trying to find a solution to this problem. For a while scientists thought that standing instead of sitting was the best alternative to work-induced health problems.

Research by Katzmarzyk in 2014 suggested that standing can actually improve mortality and was a healthier alternative to excessive periods of sitting.

Another research named “Standing-based office work shows encouraging signs of attenuating post-prandial glycaemic excursion.” concluded, “This is the first known ‘office-based’ study to provide CGM measures that add some of the needed mechanistic information to the existing evidence-based on why avoiding sedentary behavior at work could lead to a reduced risk of cardiometabolic diseases.” However, Standing is an oversimplified solution to a very complicated problem. Moreover, standing does not reverse the effects on your body. In some cases, it was found that standing for long durations was equally as bad as sitting for long durations. According to a study named “The Relationship Between Occupational Standing and Sitting and Incident Heart Disease Over a 12-Year Period in Ontario, Canada.”, with the professions which involve standing predominantly over sitting, the risk of heart disease is two folds increased as compared to a predominantly sitting profession.

## Solution

Using your deduction skills, you must have figured out by now that in each study or experiment on posture at the workspace, researchers blame either sitting or standing. But if you really pay close attention you will find a word repeated in almost all the research.

“SEDENTARY” . The problem is neither sitting or standing but rooting yourself to a place in the same position for a prolonged period. Human bodies are made for movement.

A static pose for a prolonged period of time is what causes a problem. The simplest hacks to resolve this problem can be found below:

- Do not keep water stored, rather visit the water dispenser. Stay hydrated by drinking at least 3 liters of water per day. This will force you to visit the toilet more frequently and prevent other health problems.

- Set up the workspace in a way that all the essentials are just outside of reach (so that you may have to move to get them)

- Don't send every piece of correspondence to your colleagues via email. Just visit them from time to time and tell them the message in person.

- Switch working posture multiple times a day. Sit in a normal chair, on a bosu ball or work standing. If you work mostly standing, try standing on a balance board while working to keep your muscles and core engaged.

- If possible, get a smartwatch or simply install an app that can count your footsteps. Keep a decent achievable daily target for yourself.

- If you can afford it, purchase a treadmill workstation. Studies show that it is the best alternative to a traditional desk.

- Set a timer at work and do 5 mins of movement every hour. A walk, some push-ups, pull ups, bodyweight squats or kettlebell swings are all doable almost everywhere. With a little creativity, you will find a lot more options easily.

- Limit the time staring at a cell phone because it will put your body in an unnatural position, especially your neck by putting it under a lot of pressure. Use a speech-to-text feature for texting.

- When you can incorporate a walking-meeting culture at your company. Also walk around when you are on the phone.

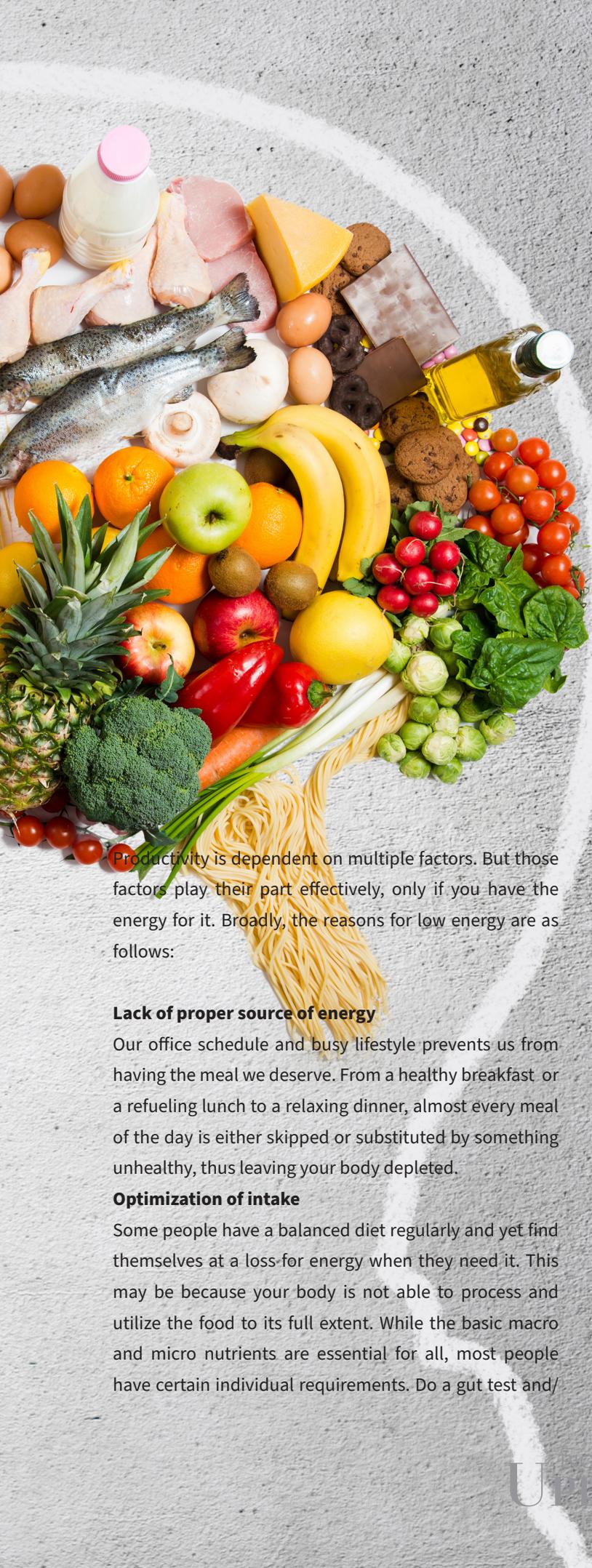
Remember that a sedentary lifestyle is the root of most health problems. This should not be underestimated since the solution is so simple. Just move more.

***“Be fearful that in a month’s time, you will be in exactly the same place that you are right now.”***

***- Steve Sims***



# HOW TO HAVE MORE ENERGY THROUGHOUT THE DAY



Productivity is dependent on multiple factors. But those factors play their part effectively, only if you have the energy for it. Broadly, the reasons for low energy are as follows:

#### **Lack of proper source of energy**

Our office schedule and busy lifestyle prevents us from having the meal we deserve. From a healthy breakfast or a refueling lunch to a relaxing dinner, almost every meal of the day is either skipped or substituted by something unhealthy, thus leaving your body depleted.

#### **Optimization of intake**

Some people have a balanced diet regularly and yet find themselves at a loss for energy when they need it. This may be because your body is not able to process and utilize the food to its full extent. While the basic macro and micro nutrients are essential for all, most people have certain individual requirements. Do a gut test and/

or consult a dietitian to learn about your optimal and individual nutrition intake.

#### **Wrong Fuel**

You can not put rocket fuel in a car and expect it to fly. You need a rocket engine to process the fuel. We see super models and people on social media perform marvelous feats and because we feel inspired by them we try to follow their lifestyle. All the while we forget that it took years of hard work to get to that point. Rather than starting small we jump start with great motivation and enthusiasm, that tends to fail within a few days.

#### **Discover the Secret**

The secret to having the energy to get through the day is in the small changes/hacks you can easily integrate into your lifestyle:

#### **Morning**

- You can only win a race if you have a full tank at the start. Try getting up early in the morning. Getting up early jump-starts your metabolism and helps you get a head start on the day.

- Begin your day by drinking 2 big glasses of water. This will help in your bowel movement and also rehydrate you after your sleep. For an extra jolt of electrolytes, squeeze in some lemons with a pinch of high quality salt like pink himalayan salt or grey celtic sea salt. And if you want to try something really different, try diluting apple cider vinegar in water. It is known to have positive effects on your digestion and overall nutrient absorption.

- Try a cold shower. Immersing yourself in the cold for just a short time is enough to effectively clear brain fog, reduce stress and inflammation, and get you going in the morning. If you have never had a cold shower before, try starting only with your feet. If you can tolerate that for 30 seconds, add in the legs next time. Slowly work yourself up over time until you are able to withstand a full cold shower, including the head for about 2-3 minutes in order to experience all

benefits.

- If possible, try to see the sunrise. If that is for whatever reason just not doable for you, at least go outside as quickly as possible for 10-15 minutes.

- Try exercising 15 to 20 mins a day. According to research, morning is the best time to work out because your body is in a calorie deficit from the long feeding interval. Morning exercise helps the body to optimize the food absorption and reduces the requirement for more calorie intake. That being said, the best time for hard workouts is in the afternoon because then your body is at his peak performance levels.

- Breakfast! The one that got away! Due to many reasons, most people are unable to have a healthy filling breakfast. But what if we could bypass breakfast? Ever heard of intermittent fasting? If not then you probably live under a rock. This game-changing method helps you get the most out of your meals by regulating the feeding windows. What is a feeding window you might ask? According to IF, there are intervals where you can have food and intervals where you should fast. The most popular method is called the 16/8 method. In this schedule, you fast for 16 hours and have your meals in the next 8 hours. However, it is very important to have a healthy meal when you end your fast. Break your fast without carbs, just use high quality fats and protein. If you want to eat carbs, try do introduce them a little bit later. (Note we are not suggesting to skip breakfast, (it can be a very essential meal of the day), rather only suggesting an alternative.)

### Noon

No matter what time of day it is, having water and staying hydrated is always tip number one.

Unfortunately, not all water is equal. Quality is important because water can and should do more than just provide you with fluid. A good water source also contains a lot of trace minerals, helping your body replenish lost vital substances like magnesium, zinc or copper.

The best source is water directly from a spring but if you do not have one nearby there are a couple of good filters you can install in your home that not only eliminate toxins and pollutions but also add those minerals back in. Try to avoid water stored in plastic bottles if possible to dodge the bullet of getting thousands and thousands of micro-plastic particles into your body.

What else can you do?

*“The human body should work as a well oiled machine. The energy input should not be more or less, in any case from the output.”*

- Have a healthy nutrient-dense lunch.

- Soak some sprouts and nuts before going to bed and have them around while working. It will help you have something healthy when you feel hungry or just need a snack.

- Get outside. Breathe fresh air, see the sun, ground your feet if possible and move your body.

- Consume Apple cider vinegar. Believe me, it takes some time getting used to but once you do it has many health benefits. Along with improving digestion, it helps in better absorption of nutrients in your food. You can easily dilute it in water and drink it to make the taste more bearable. To maximize its benefits, drink it on an empty stomach, but you could also drink it 20 mins before or after a meal for better digestion.

### Night

The conclusion of the day is the foundation of tomorrow. We could (and will) write a whole issue about how to optimize your sleep but the following are just a couple of basic tips which you can use to go a long way on your road to perfect sleep.

- Have a healthy dinner at least minimum two hours before you go to bed to allow the body some time to break down the food. According to your circadian rhythm, digestion slows down at night and especially during sleep.

- Light walking after dinner is advised but not anything excessively exerting. It helps in a better Glycaemic Response and regulates your blood sugar spikes. This is especially helpful if you just had a carb-heavy meal.

- Dim the lights and turn off all devices with screens also two hours before you go to bed to allow your body the natural production of melatonin. Using blue light blocking glasses also help if you can't stop staring at screens (who doesn't like to Netflix and chill?)

- Make sure you sleep in a comfortable space. Try to completely block out all light (including LEDs) and have the room temperature between 16-18°C (60-65°F).

- If you are too excited or stressed to fall asleep when you lay down, try eating a kiwi, drinking a tea made out of a

banana peel or supplementing with magnesium, l-theanine or melatonin 30-60 mins before you go to bed in order to help yourself calm down.

- If you tend to wake up often during the night try to mix mct-oil, honey and salt and eat 1-2 spoonfuls before you hit the sack. This combination gives your brain the nutrients it needs to process all those experiences and thoughts you've had during the day.

- Play white noise if you live in an environment where you can be disturbed by loud sounds like sirens or traffic during the night.

Be honest, you too have skipped out on quality sleep due to work, like most people around the globe do. The fast-moving competitive world has forced us to work harder and sleep less. Recent studies suggest people incur a sleep deficit due to work and work-related stress.

Whether it is the extra hours you put in or the times when thoughts of work never seemed to leave your head, the effect on the body is the same: tiredness and extreme fatigue because of the lack of sleep. And a long Sunday sleep is not going to fix it. If you work regularly, you need to rest regularly as well.

Believe it or not but, Sleep is the key to having more energy during the day. Though the effect of sleep deprivation is different for each individual, a common effect of deprived sleep is a delay in reaction time, low energy, and a decline in capacity and effort of a person.

Sleep promotes better energy storage and helps you perform better; both physically and mentally. Studies also have found a relationship between overeating and sleep imbalance. The body tries to compensate for the loss of sleep by demanding more energy intake. Lack of sleep often affects the metabolism of a person, causing much hormonal imbalance in the body.

So what to do when you do not have time to sleep long hours?



*Apple cider vinegar helps in better absorption of nutrients in your food.*



## HOW TO SUPPORT FOCUS AND PRODUCTIVITY THROUGH ESSENTIAL OILS

There are a lot of mysteries in this universe that we have yet to uncover but the desire for more human knowledge has led us to many of the greatest discoveries and inventions. Every breath is a potential mark for some miracle to happen.

To unlock the mysteries of creation we must uncover human potential as we might not be the only life on this earth but we are the ones who are conscious enough to look beyond just survival and understand life.

What is the one very constant thread that holds your life within you?

If you are wondering what it is, just close your eyes and take a deep breath. Now as you become more conscious of your breath, try to hold it for a moment and after a few seconds, you will get your answer to what that thread is.

The Yogis of India, the Buddhist monks from Tibet, and even the Japanese zen masters will tell you one thing: if you can master your breath you can master your energies. Some even describe it as emotions in motion.

Now although we can work on our breath to master ourselves it can be difficult to find the proper time and place to practice. If you are working in an office, your mind tends to divert from the task but there is a way to work on it subconsciously with the perk of making your whole office smell wonderful.

The answer to all this is in **aromatherapy**. While it may sound like a hoax at first, researchers have found that smelling essential oils can lift your mood and some might even make you happier in general and can make you see the bright side of life.

Stephen Warrenburg from Oxford University discovered that smelling essential oils with certain aromas can help in reducing stress and lifting your mood while increasing your focus and productivity.

Here are some essential oils that can help you become more productive:

1) Rosemary (*Rosmarinus officinalis*), commonly known as rosemary, is a woody, perennial herb with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers. It is native to the Mediterranean region. “This oil is rich in molecules that are shown to be very protective and supportive of our overall wellbeing. The aroma offers an experience of profound clarity and purification and can energize our thoughts and exercise our memory. It’s supportive of breathing, circulation, detox, and inner strengthening.

How to use it: Inhalation of Rosemary is one of the best ways for it to show its effects of clearing your mind and opening your sinus. You can take two drops on your hands and rub it on your temple gently for a quick energy boost.

2) Tangerine (*Citrus reticulata*): If you’re feeling down and out, this punchy and citrusy smell can lift you from the darkest of moods. The aroma of Tangerine can reduce the amount of uric acid in the blood and can also get rid of excess salt and water.

Tangerine oil is also extremely popular with pregnant women. It can be used as a cream or lotion that is applied topically to the skin.

How to use it:- The best way to use tangerine would be to add a few drops to your preferred oil diffuser to alleviate depression, lessen stress, induce relaxation or pacify the nervous system. You can also use burners and vaporizers

with this oil.

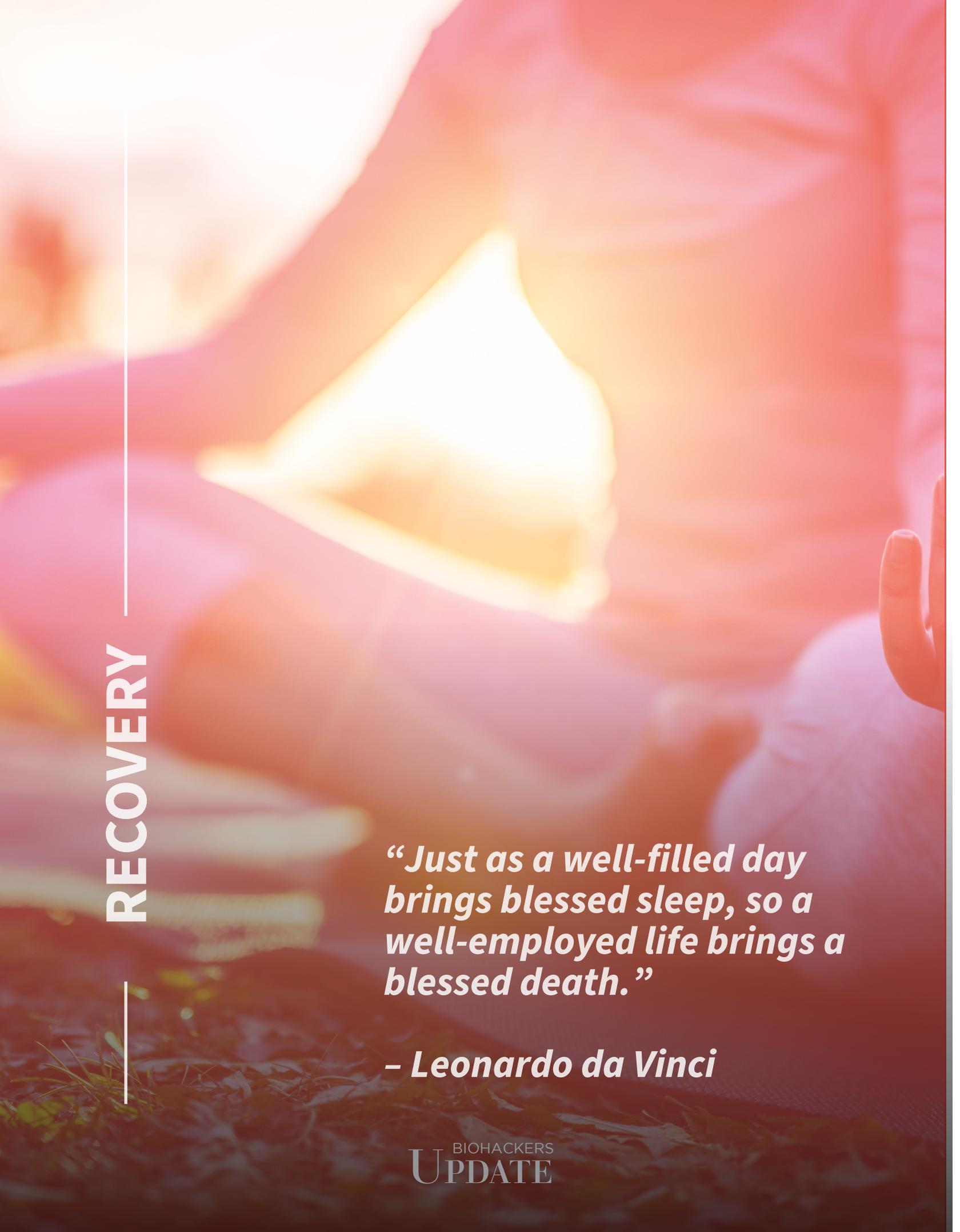
3) Lavender (*Lavandula*)-: This popular essential oil encourages emotional honesty and liberates us to create. It calms the insecurities that can surface when we’re beginning a new project or exploring new ideas. Research suggests that it may be useful for treating anxiety, insomnia, depression, and restlessness as it brings out your true emotions while keeping you in a calm, unattached stage. That is why most of the meditation studios use lavender to help you during meditation.

How to use it:- Mix the oil with some water and spray it around your office space . You can also direct it under your nose as well, but keep in mind to take a minuscule touch of it.

4) Basil (*Ocimum basilicum*): If you have a hard time concentrating on one thing then Basil oil may be the answer for you. “Basil oil provides great benefits to both the mind and body due to its high linalool content, making it an ideal application to help reduce feelings of tension when applied to the temples and back of the neck,” says Dr. Rodriguez.

How to use it -: Our suggestion would be to rub a little right in the space between the eyebrows before you go for a relaxing read.

There are tons of the essential oils out there but these are some you can easily buy almost everywhere that can help you clear your head and get more done. Remember that your sense of smell has a great effect on your perception and the reality that you perceive. So, let’s make it a blissful one and try to stimulate your perception by using these essential oils.



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# RECOVERY

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*“Just as a well-filled day brings blessed sleep, so a well-employed life brings a blessed death.”*

*- Leonardo da Vinci*



## HOW (AND WHY) TO POWER NAP LIKE A PRO BIOHACKER

To put it simply, a power nap is a short bout of sleep, generally between 15 to 30 min. It helps to revitalize the brain, improve cognition and lead to better overall productivity. It allows your body to rest and catch up on those long hours of sleep you missed out on.

According to a study that investigators from the Asklepieion General Hospital in Voula, Greece, taking a nap at midday can effectively help people lower their blood pressure levels. Although it is not a substitute for a good long sleep, it can help reduce the damage from missed sleep while also improving your daily performance. Sleep is divided into 4 to 6 phases, each lasting 90 minutes. A power nap takes place in the first

of the two phases, generally, the light sleep phase. The idea of having a 15- 30 min period is to prevent going into a deep sleep.

### **How to power nap?**

Over the years you may have heard of this technique. The benefits can be beyond just increased alertness and awareness. You may even have tried it out for yourself. Some may have found success but others not so much. The main problem people face when trying this technique is being able to actually fall asleep to begin with. And when they actually do fall asleep, they wake up grumpy and more drained than before.

An ideal power nap is around 15- 30 minutes and on average people take around 7 mins to fall asleep. This means that half of the time is wasted just by falling asleep, hence making the activity unproductive. Here are some quick tips on how to power nap:

### **Perfect timing**

The ideal time to have a power nap is between 1 PM and 4 PM. This may vary depending on the schedule of a person. To simplify, we start to feel sleepy again after 8 hours of waking up, usually pretty close to the time when we have our lunch.

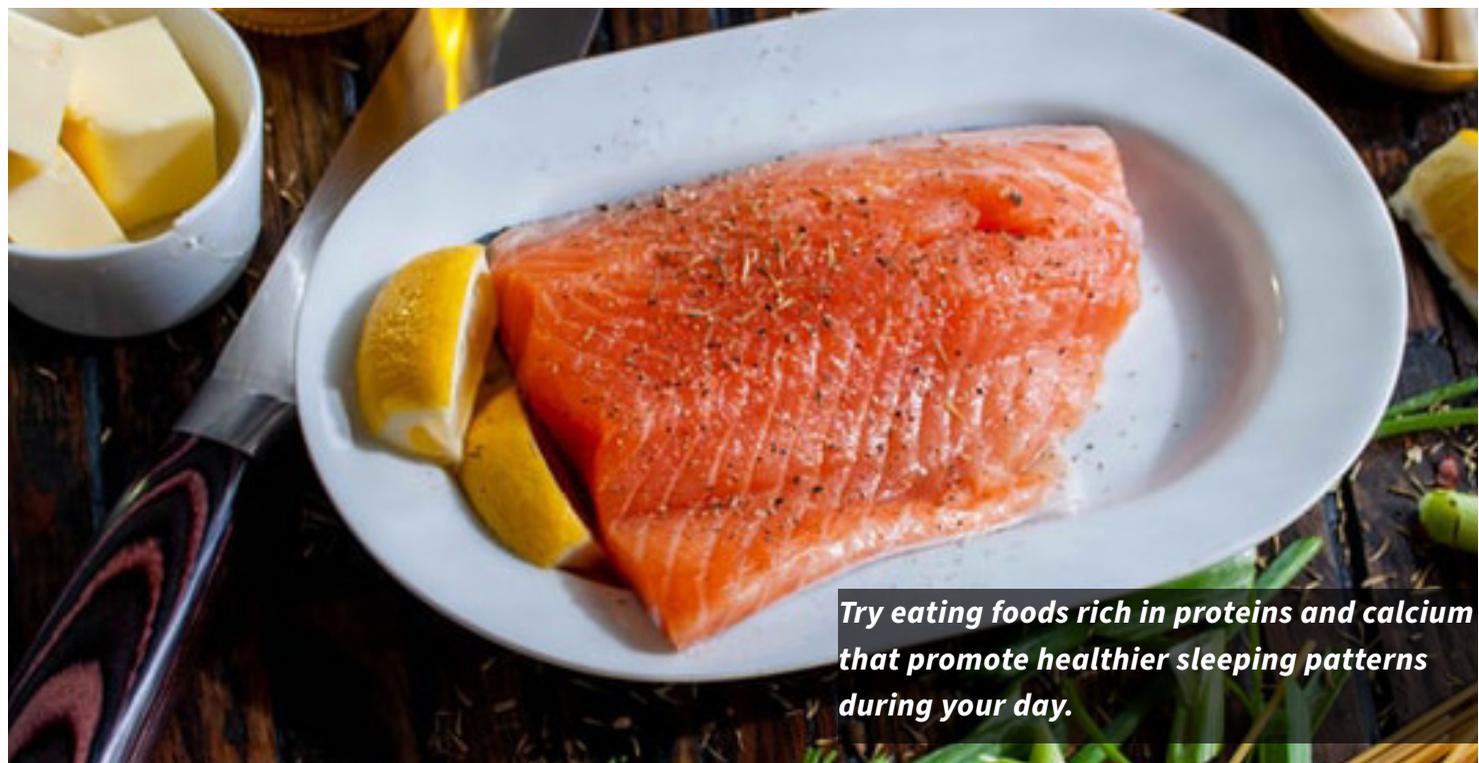
So try to doze off during your lunch or coffee-break. This way you can adjust your rest and by the time the break is over, you will be ready for another round of hard work.

### **Beware what you consume**

Sleep and food have a direct correlation. Therefore, if you really want to sleep, try cutting back on caffeine. People drink multiple cups of coffee during the day to stay alert and give them the energy to stay productive at work. Coffee or any caffeine-containing drink is a stimulant that can stay in the blood easily for 6 hours or more, keeping you completely awake and alert, while further preventing you from falling asleep. Instead of drinking gallons of coffee, a power nap can give you much better results in cognition improvement and higher alertness. Food rich in processed carbohydrates and sugar also contributes to sleep-loss.

### **Get comfortable**

In order to sleep you need to have a comfortable environment. Make sure you are away from your



*Try eating foods rich in proteins and calcium that promote healthier sleeping patterns during your day.*

workplace if possible and find somewhere appropriate to nap; An empty conference room, break room or even a garden may suffice. If you have to lay down, try to have a soft mat or blanket with you. Sleeping on a very hard surface may lead to pain and soreness after the nap. Additionally, get a pillow or neck support for the nap to improve the quality of sleep.

### **Sounds**

Constant chatter or sounds may distract you from falling asleep. The chatter of your co-workers can take your focus away and interest you to indulge in the conversation. Try noise-canceling headphones to silence the noise or try playing some music. Customize a playlist of songs or sounds that can make you feel relaxed. Binaural beats, white noise and other sleep-inducing tones are readily available on youtube or spotify.

### **Cover your eyes**

Our body is naturally not programmed to sleep during the day. The blue light from the sun and all those screens you are looking at during work gets absorbed by our eyes, which sends signals to the brain to stay awake. Cover your eyes with a sleep mask or a piece of cloth. This will not only help you fall asleep quicker but make the nap more effective.

### **Timing is key**

It is quintessential that you wake up in the given time frame or you will feel more sleepy and grumpy. Set alarms or ask a co-worker to wake you up. This will not only help you wake up in time to get back in action but also prevent you from going into a deep sleep, the cause for feeling sleepy and groggy.

### **Try a Coffee ( No, really)**

People around the world work tirelessly day and night.

All this hard work can take a toll on the body. The energy drinks and caffeine shots are not a substitute for sleep, but quite the opposite. These products may delay tiredness but over time it will be compounded.

There is however a new hack called the coffee nap, which is a rather interesting and unconventional approach. You first drink a cup of coffee or espresso and then immediately lay down to take a nap. The caffeine takes

*“It is quintessential that you wake up in the given time frame or you will feel more sleepy and grumpy.”*

about 20 minutes to kick in - right when you are waking up from your nap - which can help you skip the last bits of grogginess you might feel and get you instantly going again with even more energy and alertness. It's worth noting, however, that if you've had plenty of coffee earlier in the day, it may affect the efficiency of this method or the nap in general.

### **Routine**

Most will have a problem adapting to sleeping during the day. Don't give up; give it a few weeks and your body will naturally become accustomed to the change. You will soon condition your body to fall asleep and before you know it, you will automatically feel sleepy during your nap period. If your body is trained to do so and is expecting to sleep, it will be more effective in rejuvenation and revitalization.

### **Guided Meditation**

If you really can't sleep during your nap, try doing a guided yoga nidra meditation. Yoga nidra is a special sleep meditation that puts you through all 4 sleep phases during a 20-30 minute session, giving your brain almost the same benefit as a whole 90min sleep cycle. Youtube has you covered with plenty of different videos to choose from.

### **Conclusion**

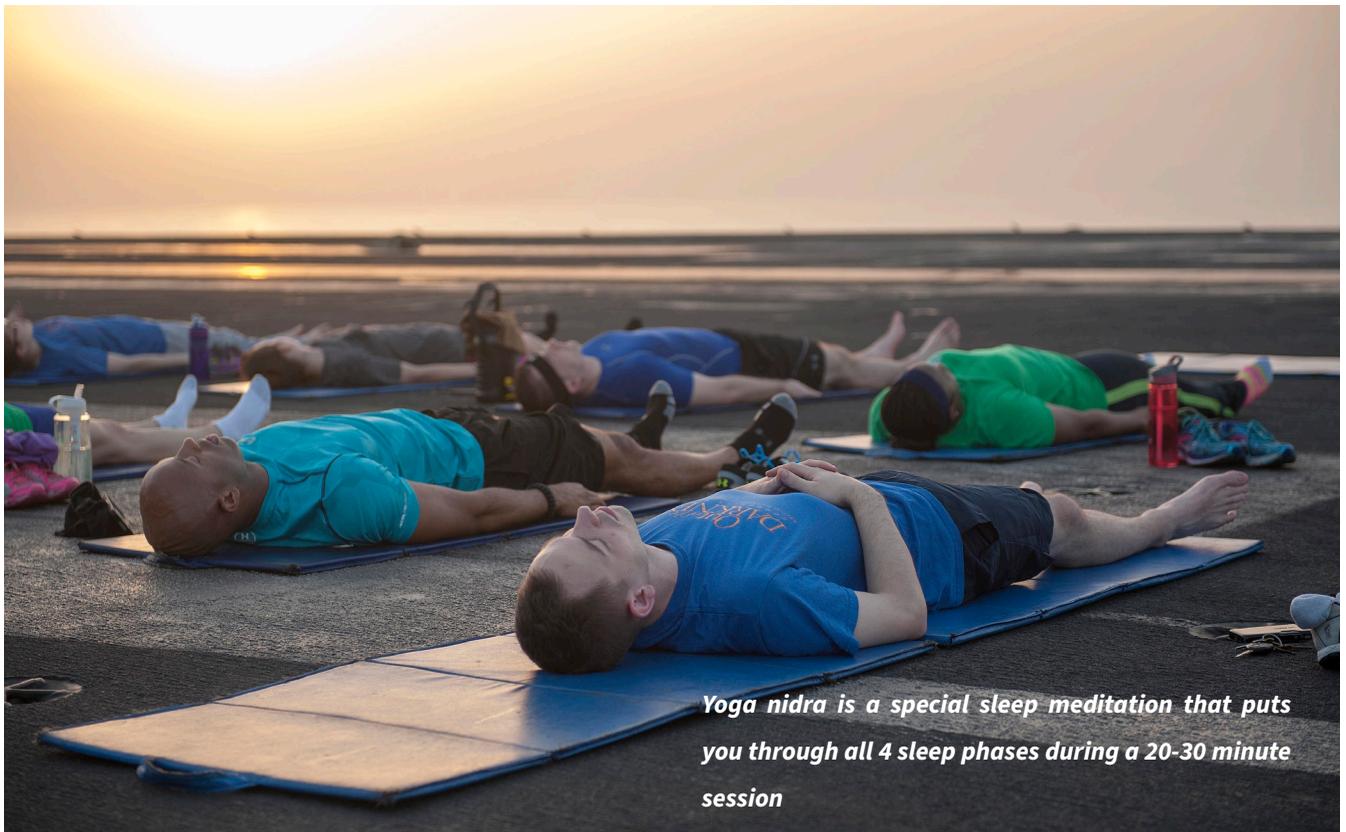
We strongly recommend a power nap during the day if you are not getting enough sleep and rest. You do not need to fill your body with substance to stay awake. If you feel sleepy or tired, you should take a rest. It is your body's way of telling you that you've had enough and it is

time to stop.

With all of this being said, it is not recommended to make power napping a routine, especially if you suffer from Insomnia, as it can disrupt your circadian rhythm even more. Instead, use napping as a recovery method to fall back on when needed.

If you find that you're always feeling tired and exhausted, you may need to examine your sleeping cycles during the night to determine the prime cause of your tiredness; otherwise, you will never feel completely rested. In short, use naps as a treatment plan and use your nightly sleeping strategy as the cure.

Work is important but I think we can agree that health is more important. When you feel tired or sleepy during work, cut yourself some slack, and take a power nap. You will be more productive and perform better than before.



*Yoga nidra is a special sleep meditation that puts you through all 4 sleep phases during a 20-30 minute session*



# PLANTS IN THE OFFICE – WORKING WITH GREEN SECRETARIES

If you have a secretary, chances are that he or she isn't green, leafy, or sits in a pot; but this is the exact type of secretary that every worker should have nearby – that's right, I'm talking about a plant as a secretary, yet instead of making calls and bringing you coffee, it does a lot of other things that contribute to your health and productivity, which is precisely why having one close by to your workstation is always a good self-managerial choice. Read further to discover the main reasons why plants are such great work companions and learn the science behind how they can make you the happiest when working.

## 1. Cleaner Air

Plants not only absorb Carbon Dioxide from the atmosphere, but according to NASA, they also reduce the amount of dust, bacteria, mold and other chemicals from the air, thus letting our lungs breathe cleaner, safer air.

According to Ambius, indoor plants can remove up to 87% of air toxins in 24 hours. They also stated that

plants can reduce humidity levels to the recommended human comfort range of 30-60%. This in turn reduces our dependency on overusing the air conditioner to create drier air.

## 2. Better Attendance

When plants have been properly placed, they have been shown to reduce the probability of people getting sick – thus leading to less absenteeism at work.

According to Nortec.org, introducing plants to an office environment has been reported to reduce minor illness by 30%. They do this by not only removing harmful elements from the air, but by creating a more inviting, positive environment that proves to be more welcoming. That green secretary holds your attendance accountable in a more indirect, healthier way, as opposed to your perhaps a humanoid secretary who is taking away more of your breathing air, instead of providing more to you. Too Harsh? Just stating facts here.

## 3. Increased Productivity/Creativity

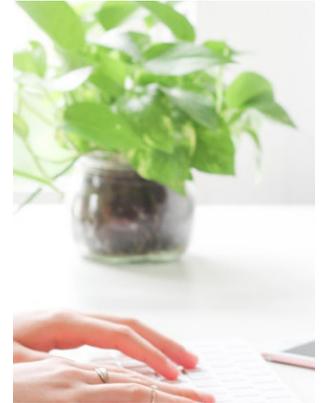
Perhaps most interesting is the effect plants can have on our creativity. According to Nortec.org, one study found that plants increased creativity by 15%.

The theory is that plants affect our ancestral instincts and subconscious, telling us that there is food nearby (berries, fruit, etc.) which causes us to become more relaxed, allowing us to use more of our time thinking creatively.

Perhaps most surprising is how plants create a more focused working environment by blocking out noise. Nortec.org states that plants can reduce ambient noise within an office by as much as 5 decibels. Less background noises could mean less distractions, meaning enhanced concentration and productivity. Speaking of productivity, a graphic published by Ambius claimed that 15% more ideas were generated by people who worked in an office with plants. They also noted that a computer task was completed on average 12% faster when plants were present.

#### 4. Healthier Lifestyle

One major mental effect that plants have on the mind is the ability to significantly reduce stress. A study done by Nursery and Garden Industry Australia found that there were large reductions in stress where plants were a part of the environment. Specifically, they found a 37% reduction in Tension/Anxiety, a 58% reduction in Depression, a 44% reduction in Anger and a 38% reduction in Fatigue. These effects plants have on us aren't solely psychological and are in fact also physiological as a study shown by Ambius shows that there was clear evidence that plants lower our blood pressure during and post- tasks at work. It's also been shared by Nortec.org that you'll not only feel healthier but look healthier since plants can reduce dry skin by 20%, thus helping you look your best while producing your best work. Now that we know why plants make great secretaries, and how they do it, let's



move onto the next question: What plants should I hire? Well there's many to choose from and if you're new to the whole green secretary movement, we're happy to share some great plant types to start out with for any office or workstation.

For low to medium light offices, Bloomscape.com suggest some of these options below. They are all easy to maintain and can still do well in areas that don't offer the best light.

Philodendron Brasil

Bird's Nest Fern

Parlor Palm

Sansevieria

For offices that have lots of windows and are very sunny, Bloomscape.com suggests these favorites:

Hedgehog Aloe

Croton Petra

Ponytail Palm

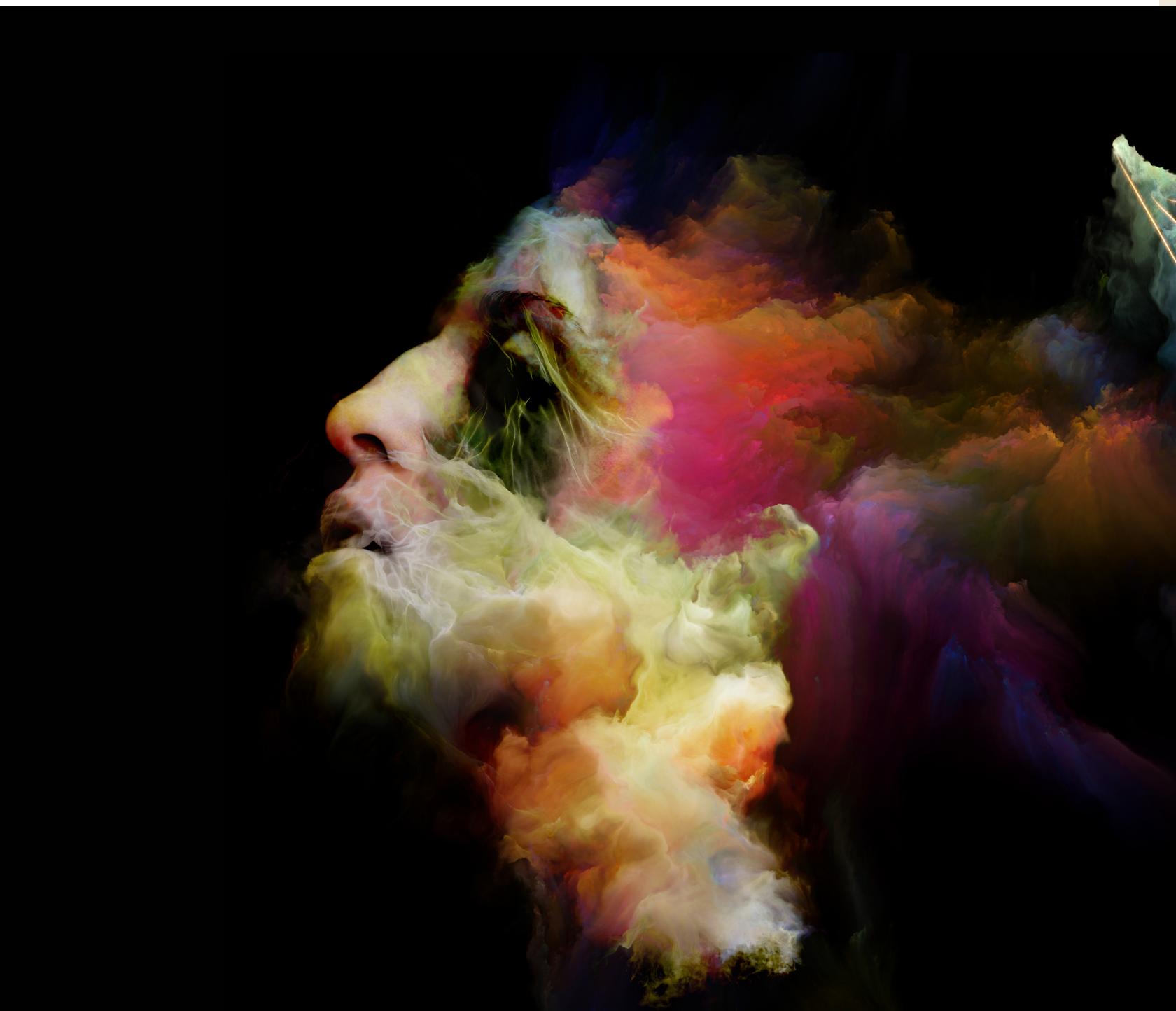
Dracaena Marginata

Whatever plant you choose to work with be sure to pay them well with plenty (but not too much) of water, sunlight and love! When they show that they are growing well within your company, give them a raise and hire some more green secretaries to make your workspace the kind that you'll look forward to working in each and every day.

A silhouette of a person with their arms raised, holding up a brain. The brain is composed of several interlocking puzzle pieces. The background is a dark purple gradient with a network of white lines and glowing points, resembling a constellation or a neural network. The overall theme is the connection between the mind and the physical world.

**“I believe that the mind has the power to affect groups of atoms and even tamper with the odds of atomic behavior, and that even the course of the world is not predetermined by physical laws but may be altered by the uncaused volition of human beings.” – Sir Arthur Eddington**

**MIND**



# HOW TO INFLUENCE FOCUS AND MOOD THROUGH SOUND AND MUSIC

BIOHACKERS  
UPDATE



Research shows that a positive mood increases the scope of visual attention, which can lead to an increase in distraction. Using event-related potentials (ERP), researchers determined whether positive mood influenced by music could result in selective attention in the auditory domain.

Studies indicate that effective and cognitive processes are closely integrated into the brain. It's been found that affective states can actually influence cognitive

processes. Attention and focus are highly dependent on the emotional state of a person, as a positive mood can increase the attention span of a person and a negative mood can reduce it. However, a positive emotional state can also be counterproductive as it can result in a higher capacity for distraction. Thus, it can be concluded that a negative mood as a result of a problem results in a narrow, detail-oriented focus. A positive mood, on the other hand, indicates the absence of a problem and a

*“A positive emotional state can also be counterproductive as it can result in a higher capacity for distraction.”*

lower span in focus as a result.

A study found that pleasant music can improve the attention and performance of a person. Based on this information, an experiment proved that different moods of music could affect a person's cognitive processes differently. By listening to happy songs, a person's scope for auditory attention can increase, along with the error rate. It also allows for more information to be processed by the brain by reducing selectivity in taking new information. Sad songs may be more helpful temporarily, but listening to them repeatedly may actually be counterproductive due to the person constantly recalling negative memories.

One way to avoid the negative effects of happy music would be to listen to tracks without lyrics. It has been

observed that listening to lyrical songs may prove as a distraction, but leitmotifs and instrumentals can actually be quite helpful. Thus, listening to the soundtracks and background scores of movies can increase the productivity and performance of a person.

It has been proved that listening to the sound of rain can also boost one's productivity. However, all of these methods may impact people differently. It's been

*“If you're an extrovert, you may actually find music a helpful tool while working, but if you're an introvert, this can actually be a hindrance.”*

observed that extroverts are more likely to be benefited by the effects of sound and music. They have a reduced amount of focus than introverts in general, but with the right background music, their auditory responses may actually give them a boost in their cognitive processes.

Introverts, on the other hand, are already more highly focused than extroverts to begin with, and auditory stimuli actually impact their scope for attention negatively. This is why they prefer peace and quiet in

their work environments.

The subject of music increasing the focus of a person isn't a simple topic and is still being researched. There are multiple factors that come into play for different people, so what may be helpful for one person may be disadvantageous for another. If you're an extrovert, you may actually find music a helpful tool while working, but if you're an introvert, this can actually be a hindrance. Therefore, there's no correct answer to how music can affect the performance of everyone.

Thus, the best way to figure out what works best for you is to try it out for yourself. By experimenting, you can determine what style of music and mood works best for you, or you can settle for peace and quiet.



It's easy to talk about the negative impact of clutter on one's school, college or work-life, but in reality, cleaning up can actually be a daunting task. It may seem impossible to clean your mess up, but fortunately, there are some simple methods one can use to declutter one's desk and mind.

The first and most basic step to handling clutter is by creating personal space for oneself.

Instead of leaving your stuff all over the place in an

*“The first and most basic step to handling clutter is by creating personal space for oneself.”*

unorganized manner, assign specific areas for objects that you need. It's best to sort your items by importance. Put other objects that are not as important in drawers. Remember, the top and area underneath your desk is not a storage area. It may be tempting to toss everything under your desk, but it won't be helpful in the long run.

Put the items that are more necessary in the drawers that are closer and then place objects that don't matter much further away. Wires and chargers lying around look pretty messy, so hide them away as well.

You don't need so many pens and pencils to work with. Reduce the number to a maximum of two each and get rid of the stuff that doesn't work anymore.

Hoarding objects that are of no use may be tempting, but ask yourself whether all that stuff is really necessary. Don't hesitate to get rid of the articles that don't matter. Do you really need last week's shopping list lying around



on your desk?

Have piles and piles of papers lying across your workspace? Sort through them and check whether you really need all of it. Scan the documents you don't need physical copies of and save them as PDF files. These are easier to search through, more environment-friendly, and more efficient all around.

By decluttering regularly, you will have a better workspace and will also experience feelings of accomplishment and motivation, instead of dealing with stress due to disorganization.

It's been observed that creative people, in particular, are highly prone to cluttering. This is because maintaining a system of organization can actually hamper their imagination. They prefer spontaneity and disorganized formats and systems that allow their creative juices to flow.

However, if they continue to remain disorganized, the clutter can actually hamper their creative process. Thus, cleaning up regularly after periods of cluttering can help them be creatively inspired.

A common problem that everyone faces is procrastination. It can be quite tempting to leave all your work for later and have a Netflix binge-watching session instead. In fact, procrastination is indeed a stress buster during the beginning of school and college semesters.

Down the road however, procrastination actually gives rise to stress. Additionally, your grades may drop, too! To avoid procrastination, immediately start off the tasks that take less time to finish. By getting those out of the way first, you'll be able to focus on bigger tasks later as the smaller ones won't bug you. Not only does this technique reduce distraction, but it also lessens the jumble on your desk.

To avoid distractions while working, keep your phone away from your sight. Hide your modem or router away as well.

As the saying goes, clean space, clear mind. By keeping your workspace neat and tidy, your mental health can improve and you'll experience a significant lack of stress and anxiety. All that's required to keep your work organized is cleaning up and sorting through your stuff regularly. A small amount of effort at regular intervals can really impact your daily life positively.



— PRODUCTIVITY —

***“You simply can’t think efficiency with people. You think effectiveness with people and efficiency with things.” – Stephen R. Covey***



## HOW TO ACHIEVE FLOW AND BECOME THE ULTIMATE PRODUCTIVITY MACHINE

Look around you.

Odds are you'll find an electronic gadget or two. It's quite known that machines can be powered on and off at any given time. They never feel the desire to be lazy or procrastinate. To put it simply, machines don't make excuses, and exhaustion is something they were built to ignore altogether. This is partly because of its inorganic material, while also having no nervous system. It's well known that it's nonliving and powered by electricity.

Though we cannot achieve the full efficiency of a machine, we humans can learn a lot about the common theme of efficiency these machines demonstrate.

Without further ado, let's discuss how you can achieve flow and become the ultimate productivity machine.

### **Productivity is practice.**

You might have noticed that even machines malfunction if not used regularly. No one inherits productivity. Rather, it is something to be learned - something to be achieved. Some of the best ways you can achieve that are listed below:

### **Create a schedule**

It is easier to achieve fluidity at work if you know what to do next. Create a schedule for a week. Record

your performance for the day and accordingly go over the schedule for the next day. Documenting your progress to meet the schedule will help you understand where you were lacking during the day and what hindrances you will face the next day. This gives you a realistic chance to create a schedule that will actually work. It seems tough but give it at least a week. Writing down the progress of the schedule will also give you a sense of accomplishment while helping you keep track of your activities and goals.

### **Eliminate Distractions**

It is not possible to go into flow when you are interrupted all the time. Regularly block out 2-3 hours in your calendar to practice deep work. Set your phone in airplane mode and let your colleagues know that you don't want to be interrupted in the next 2 hours. You can also just write that on a sign, "I'm doing important work and don't want to be interrupted right now" and prop that on your desk every time you are entering your blocked time.

By the way. Going deep is hard work. Don't be discouraged when you can't concentrate at first. This is a skill that you need to learn.

### **3-sec rule**

It may happen many times - You know what you want to do but all of a sudden you find a logical reason not to do it. You keep making excuses for yourself for not doing the given task. "Just one more episode then I will get up", you say to yourself. "It's 1:57, I will start at 2. Its 6:23 am... I'll get up at 6:30. It will take me 15 min to do it, I will do it when there's only 30 min left." We have all said these things to ourselves and in most cases, we could not finish the intended task on time.

These are some classic cases of procrastination. Although applicable to different walks of life, The 3-sec rule can be used here.

Basically 3 seconds is the maximum time that the brain

takes to come up with an excuse. Essentially, what we want to do in these cases is outsmart our brains. The next time you are given a task, react within 3 seconds. Want to go somewhere? As soon as you realize you have to leave, just get up and move. Want to finish a report? Power on the computer immediately. Do not allow your brain to make excuses. It is a vicious cycle; an endless abyss. The more you delay doing the task, the less likely you are to do it.

### **Conditioning**

The basic science of conditioning was well explained in the experiment of Russian physiologist Ivan Pavlov. If you repeat a process long enough, it becomes second nature, to the extent that your subconscious expects the event to occur. Your body will move on its own and react on its own. If an athlete works out for hours every day, the day that he/she takes rest will be difficult for them. This is simply because the body is conditioned to the daily work out. Set a plan of action. Play some music during work. It will help you find a rhythm. Repeat the music every day. Just the same music to kick start the habit and then you may try shuffling in some different styles. Stick to it for at least 22 days. This is known as the minimum duration it takes to develop a habit. Playing the same music while starting work will condition your mind so that the next time you hear the music, your brain will automatically know that it's time to work. Please take note to play music which you don't usually hear. If it is something playing on the radio everywhere, the conditioning may not work. Reserve that genre of music specifically for work. A few minutes are all it takes to put you in the flow. There are also services like brain.fm that design music specifically geared towards increasing concentration and focus. Youtube also has many playlists available. Just search for concentration, focus, and flow music or binaural beats

for work.

### **Meditation**

We all have that zone, trance, flow, or whatever you want to call it, where you do not hear anything or see anything except what you are doing. Some overdose on coffee to get there and others try desperately to find that zone again because they were able to do a lot of work in a very short duration. It was almost superhuman. Some people may not even have the slightest clue what flow is. These once in a lifetime trances are phases of high concentration and occur mostly when you are under stress. Under moderate amounts of stress, your brain puts you into overdrive. With practice, you will be able to focus more on work by setting aside the distractions that affect the speed of your performance. Let's be honest, no one needs a superpower that occasionally works.

A daily meditation practice can help you achieve flow more often. Some people feel that meditation is a waste of their time but if you want to live life to the optimum you should not only focus on training your body in a gym, but also training your mind. Meditation is that training and a daily practice will help improve your concentration, alleviate stress, clear your thinking and get you into flow more often.

### **Introspect and Organize**

Every evening when you are finishing your daily tasks, take a moment to reflect on what you have achieved, what you feel short of, and where you see the potential to do better. By doing this you will have a better sense of achievement, making you feel confident about your work. This process also helps you understand your true potential and why you were not able to achieve some of your goals. Once you have done an introspection into your work, focus on the areas of improvement. Organise your desk in a way where everything you need is readily

available. Running around the office to find a stapler can turn into an adventure to Mordor.

### **Pick your breaks**

Working hard is important and its equally important to be moving around and socializing with coworkers throughout the day; But it should be on your own terms when you decide to do so. Leaving work and excessive mingling will have a negative effect on your productivity. You will not be able to socialize properly, as you will

*“Remember, you only need to know where you want to go and believe that you are going to get there.”*

be distracted by work and then it will be difficult to complete the task on time. So pick your movements. Take rest between tasks. Enjoy the breaks but keep track of time. Studies suggest, that breaks between work can improve productivity. Make sure you take 5 to 10 minutes maximum breaks between tasks. It will provide enough time for you to walk around and clear your head, preparing and refocusing you for the next task.

### **Positive reinforcement**

Believe in your work. Believe that you do good work. Praise yourself for completing your schedule. Motivate yourself when you are not able to complete it. Compliment yourself out loud. “Today was a good day, I did well for myself, I am proud of my work.” This conversation with yourself can go a long way. Positive reinforcement is very important for your psychological health. It may sound silly talking to yourself but it is very helpful. It helps you bring more of a positive spin out of your work. Take pride in what you do and what you achieve. It may be slow, but

any progress is good progress. Even if you don't make progress, appreciate the effort that you put in. This kind of positive reinforcement will make you more of an optimist. You will start to see the world in a new light, believing that anything is possible, with the right amount of effort. It will also help you learn the importance of persistence and make you more appreciative of what other people do.

### **Find the Right Trigger**

By now you have learned all the underlying parts that can allow you to go into flow. You know that you need to create a schedule that allows you the freedom of doing uninterrupted work. You've seen how to establish a concentration routine with music, sounds, etc., but the last and maybe even most important ingredient to achieve flow is the trigger. According to author and flow researcher Steven Kottler, you need one of four flow triggers to get into that superhuman state: psychological, environmental, social or creative factors.

Examples are:

- A challenge that is slightly higher than your skills
- The potential to experience serious consequences when you fail
- Clear goals shared with your peers
- The feeling that you are in complete control and can accomplish the task with autonomy and competence
- Presenting in front of others

You can also challenge yourself by combining a couple of those factors into one.

- Pick a task where you will feel just a bit unsure whether you can do it or not
- Set a deadline that is doable but slightly shorter than you feel comfortable
- Tell your colleagues about the deadline above and bet \$100 that you can get it done in time

- When the time is up you need to get in front of all of them and present your work

Please be careful not to overwork yourself when applying these flow techniques, as this will only diminish the returns of this strategy and also destroy your confidence (and bank account) when you fail too often.

Imagine a mountain climber staring at the summit of the mountain. The peak is so high up that the clouds mask its visibility. The climber has all of his gear he will need for the climb. The challenge is mind boggling. The only thing he knows is where he wants to go and he begins to picture himself at the peak. With that belief he starts climbing. Grabbing onto one rock, one gap, one crack at a time. His only concern is where to grab hold next. He does not think about failure because it would mean the end. Step by step, inch by inch, he moves closer to his goal. And eventually, all the steps are compounded and become the collective outcome of conquering the peak. Every inch, every millimeter the climber moved led him to the top as a champion. Remember, You only need to know where you want to go and believe that you are going to get there. The 'How' does not matter as long as you believe in yourself and know the 'Why' when you begin the journey. Why do you want this? When times get tough, go back to your answer. Keep working and know that it will bear fruit. Even if it seems hopeless in the present, efforts and hard work never go to waste.

And that, ladies and gents, is how you transform yourself into a productivity machine.

# GOAL ACHIEVED



## HOW TO TRACK PRODUCTIVITY

Moving outside of the macro business environment, productivity suddenly takes a whole new form. With the “9 to 5” of office workers and the study schedules of high schoolers and college students, we’re now discovering that a primary complaint is being “too exhausted from college and/or work to be productive.”

Two inferences can be drawn from this statement:

1. People do not include their daily work or study routine as a part of their productivity activity.
2. Productivity thus means more than what you’re “required” to do by an institution.

This brings us to a book that may have an answer to the productivity question. “Measure What Matters” by John Doerr, is a book that describes the journey of Google, Bono and the Gates Foundation to not only accurately

measure productivity, but also the methods to achieve high performance. Doerr says, “If you’re striving for high performance, goals are necessary things.”

Doerr then goes on to describe a goal-setting system that he brought to Google from Intel, a system that Google’s thousands of employees now use.

This is a system that musician-turned humanitarian Bono describes as the “frame to hang your passion on” and multiple start-ups swear by it, known as the O.K.R. Goal Setting System, where OKR stands for “Objective” and “Key Results”. The objective is what you want to achieve, and the key results are how you want to achieve it.

There are three key steps to the O.K.R. system. The first one is picking an audacious objective. To quote James Cameron, the director of the movie Titanic, “If you set your goals ridiculously high and it’s a failure, you will fail

above everyone else's success.”

Start with an idealistic goal, and then scale the objective back one step short of what's impossible. An objective is the main goal you want to hit. You usually pick a maximum of 3-5 key objectives at the same time.

The second step is the key result. Each result must be a clear, achievable and measurable action step based on growth, performance or engagement. These key results inform you about if and when you will be able to achieve your goal as well as improvements you can make to the project to work more efficiently. Each objective should consist of 3-5 key results.

The third step is doing weekly check-ins to measure your progress on the key objectives. This helps improve strategy, execution, and results. Every week you check in and label your progress based on the current status of your key results on a scale from zero to 100% completion. The goal is not to hit 100% though. If you regularly find yourself doing that then you need to adjust your goals because they are not quite ambitious enough at this time of your life.

According to Doerr, productivity is a collective measure of key results and little by little efforts that collectively help in the achievement of a goal. To put it in his words, “ Our goals are servants to our purpose.”

## Objective + Key Results

1. What is the **main goal** you want to hit?
2. Results must be clear, achievable and **measurable actions**
3. Weekly **check-ins** to measure your progress on the key objectives

*“Civilization advances by extending the number of operations we can perform without thinking about them.”*

*– Alfred North Whitehead*



# USING TECHNOLOGY TO HACK YOUR PRODUCTIVITY

Technology has entered every sphere of our lives and it is clear that it's here to stay. Technology adds almost another dimension to our existence, expanding the scope to include infinity and beyond.

While humans turning into cyborgs in the near future is a possibility, for now, let's focus on using the technological advancements available right now to help you become more productive.

## HARDWARE

### Treadmill Desk

Most posture and physical problems that people have are due to the lack of exercise. A treadmill desk is one of the best, yet also most expensive solutions to the problem. It's a great way to work and get some exercise simultaneously.

### Pip Stress Management Device

Work-life is stressful. Not just work, but day to day life can put us under a lot of stress. What if you could measure the level of stress throughout the day? As the manufacturers put it, "The skin pores on your fingertips are extremely sensitive to changing levels of

stress. Pip accurately captures these changes and through biofeedback, allows you to visualize them.”

Now you can know how stressed out you are and when it's time to take a break.

### **LVL Hydration Monitor**

Drinking water is the easiest health tip anyone can give you. But in practice, it is not so simple. Most of us forget to do so. LVL simultaneously senses your hydration, heart rate, and activity to help you optimize every workout. It prompts you in real-time, alerting you to exactly how much fluid you need and what type of performance boost you can expect.” The device will help you keep track of your hydration levels and remind when it's time for you to refill.

### **TimeFlip**

A very different and innovative time management gizmo, TimeFlip includes a motion sensor, a 12-sided foldable plastic case and a mobile app. Each of the 12 sides are marked with icons indicating various activities, such as bulb, social media icon, etc.

Whenever you start an activity, you place the icon facing on that side. TimeFlip, using the motion sensor, records the time the side has been facing up and then records it via the app. The app can show you how much time you spent in a specific activity.

### **Fidgi Pen**

A pen can be much more than just a tool used to write. With Fidgi Pen it can be a tool for stress relieving. If you are ready for less stress and more relaxation and focus in your life, then you are going to love the Fidgi Pen.

The Fidgi Pen has 7 unique features embedded in it to help you stay calm, focused and in the moment. From home to work and school, you can take the Fidgi Pen anywhere without anyone knowing that you are fidgeting.

### **Lumo Lift Posture Coach**

Posture is an important but often forgotten part of our daily lives. With plenty going on in our hectic and busy schedules, it can be a real challenge to practice the mindfulness needed to identify and correct poor posture.

With Lumo Lift, you get gentle vibrational reminders for your posture whenever you slouch. Track your posture hours, steps taken, distance traveled and calories burned through the companion iOS, Android or Windows Desktop Lumo Lift app.

### **Desk Organizer**

Being organized is a direct stimulant to being productive. A simple, yet sometimes trivial tip to follow. With a desk organizer, your work may become easier. There's a wide variety of organizers in the market and you are free to choose the one with your specifications. Cannot handle your files or unable to find those meeting notes? An organizer will help keep things in place and saves you time looking for it.

## **APPLICATIONS**

Better productivity is not just limited to hardware. There are many applications and softwares which might help you with your daily work. These applications do not require any additional hardware and are employed using your phone, desktop or laptop. There's an app for almost everything.

Here is a list of apps that can be best used to hack your productivity.

### **Brain.fm**

Sounds and music have a profound effect on our brain waves. This application uses science to automatically generate a music stream that affects and improves your focus (or sleep).

### **Coach.me**

Procrastination is one of the biggest vices of the modern world. Coach.me is an application that helps you add customized tasks and makes completing them seem like a sort of game. A better sense of accomplishment may be just the push that you need to complete your work.

### **Sleep Cycle**

Traditional alarms are programmed to do just one job: Ring on time. However, with smart phones replacing traditional alarm machines, we can expect more. Sleep Cycle is a smart app that takes into account the various phases of sleep and wakes you up at just the right time, making sure you don't wake up prematurely and feel tired or grumpy.

### **RescueTime**

As a time tracking application, RescueTime runs in the background of your devices and records how you spent your time digitally. At the end of your session it produces a comprehensive report of the time spent, allowing you to see exactly what your biggest distractions and time wasters are.

### **Focus booster**

The app functions alongside the Pomodoro technique, which simply means that work sessions are divided into chunks of 25 min of work and 5 mins of rest. You simply start the timer and when you hear the ring, it means that it is time to rest. This method helps you keep focused and improves quality in work.

### **Lift**

This app is a goal tracking application. Lift helps you keep track of your goal and motivates you to not quit and break the chain essentially. The in-app features include

calendars, multi-habit tracking, progress tracking, active reports, coaching, sharing and a whole lot more.

### **Noisli**

The background noise in your work environment may cause unwanted distractions. With the Noisli application, it can all change. The app provides background sounds that can help you focus while working. While helping to

*“We must decide and control how to wield the technology we have at our disposal.”*

cancel out the distracting sounds in the environment, it allows you to really concentrate on your work.

### **Google Keep**

One of the easiest apps to create a list, keep notes or just save information, the Google Keep app syncs your google account and helps you manage all your information.

### **Headspace**

Meditation is more than just closing your eyes and breathing. It is easy on some days and hard on others. With headspace, you don't have to worry about meditation anymore. Just plug in your earphones and Namaste. Headspace offers guided meditation sections which will help you get the most out of the meditation process.

### **OneTab**

Are you one of those people who always have 50 tabs open in their browser? Then OneTab may be exactly what you need because it automatically summarizes all your

open tabs in one single tab while closing everything else.

### **Momentum**

Momentum replaces the start screen of your browser with a beautiful landscape, a motivational quote and the possibility to set a goal for the day. Every time you open a new tab now you will get reminded to check the box and accomplish your number one goal for the day.

### **Iris**

If you find yourself needing to stare at a screen late at night, the app Iris helps you by reducing the amount of blue light emitting from the device as much as possible. If you have an Iphone you can also google “Iphone red light hack” to achieve similar results.

### **EMF scanner**

There are even apps available that can transform your smart phone into a simple and rough EMF scanner. This of course can't replace the real thing but it does give you an estimate about how much radiation is happening in your surrounding right now.

People often complain about technology, citing it as a distraction that takes your focus away from the real world. It may be true to some extent, but we must also understand that we are the creators of technology and it works as we want it to work. It can be a distraction or it may be a tool for productivity.

As the proverb goes, the sharpest sword is useless in the hands of the unskilled. We must decide and control how to wield the technology we have at our disposal. Whether we waste our time or make the most of it; this is all up to us.

# ACKNOWLEDGMENTS

The world's first biohacking magazine has a nice ring to it but for a while there, we were not sure that we would be the first by the time we released; or that we would even make it. The road was tough and the journey was filled with trials.

But it was all worth it because you were the real reason we wanted to create this magazine and now you have it at last.

Our many Thanks to all those who made this possible:

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