Learn while you sleep;: The theory and practice of sleep-learning

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Teaching Happiness and Well-Being in Schools, Second edition Ian Morris, 2015-10-22 This updated edition is a theoretical and practical guide to implementing a well being programme in your school The book covers three areas well being as a philosophy of education the teaching approach to well being and the content that might form a well being programme in a school It is also a manifesto for a meaningful aim to education There has recently been an explosion of interest in positive psychology and the teaching of well being and happiness in the PSHE world in schools and many teachers are looking for clear information on how to implement these potentially life changing ideas in the classroom This book provides an introduction to the theory of positive psychology and a practical guide on how to implement the theory in primarily secondary schools It is written by Ian Morris who worked under Anthony Seldon at Wellington College which is well **Information Computing and Applications** Chunfeng Liu, Leizhen known for its well being and happiness curriculum Wang, Aimin Yang, 2012-09-07 This two volume set of CCIS 307 and CCIS 308 constitutes the refereed proceedings of the Third International Conference on Information Computing and Applications ICICA 2012 held in Chengde China in September 2012 The 330 revised full papers presented in both volumes were carefully reviewed and selected from 1089 submissions The papers are organized in topical sections on internet computing and applications multimedia networking and computing intelligent computing and applications computational statistics and applications knowledge management and applications communication technology and applications information management system control engineering and applications business intelligence and applications cloud and evolutionary computing computational genomics and proteomics engineering management and applications Social and Economic Dimensions of Sleep Disorders, An Issue of Sleep Medicine Clinics Ana C. Krieger, 2017-02-07 This issue of Sleep Medicine Clinics is edited by Dr Ana Krieger and focuses on the Social and Economic Dimensions of Sleep Disorders Article topics include Sleep in the Aging Population OSA screening in Atrial Fibrillation and Other Arrhythmias Early Identification and Management of Narcolepsy Hypersomnia Legal and Regulatory Aspects of Sleep Disorders Peri Operative Screening Sleep Apnea Management of Sleep Apnea Syndromes in Heart Failure Sleep and Society Pediatric Sleep Disturbances Behavioral Strategies for Managing Insomnia and Stress The Socio Economic Impact of Managing Hypoventilation during Sleep and The Impact of Portable Sleep Testing Enhancing Human Performance National Research Council, Division of Behavioral and Social Sciences and Education, Commission on Behavioral

and Social Sciences and Education, Committee on Techniques for the Enhancement of Human Performance, 1988-01-01 In its evaluation Enhancing Human Performance reviews the relevant materials describes each technique makes recommendations in some cases for further scientific research and investigation and notes applications in military and industrial settings The techniques address a wide range of goals from enhancing classroom learning to improving creativity and motor skills

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