

Der Schlafquotient Gute Nächte Wache Tage

30 Minuten Power-Napping Stefanie Demmler, Solveig Lanske, Dörthe Ziemer. 2013-08-15 Schlafen am Arbeitsplatz gilt immer noch als faul und wird von der Gesellschaft kaum akzeptiert. Dabei ist es wissenschaftlich erwiesen, dass maximal 30 Minuten Schlaf in der Mittagspause die Leistungsfähigkeit für den gesamten Tag steigern und gleichzeitig das Risiko für Herz-Kreislauf-Erkrankungen verringern. Die Autorinnen zeigen, wie Power-Napping funktioniert, wie es in der Praxis umgesetzt werden kann und wie es Ihren Alltag nachhaltig verändert – beruflich und privat.

Konkret .2007

Positive Psychologie im Beruf Thomas Johann, Tobias Möller. 2013-07-05 Vor dem Hintergrund des demographischen Wandels und der Tatsache, dass nur jeder fünfte Mitarbeiter engagiert bei der Arbeit ist, entstehen Unternehmen hohe finanzielle Schäden. Die Positive Psychologie zeigt auch im beruflichen Kontext Lösungen auf. Im vorliegenden Buch werden ausgewählte Konzepte des Forschungsfeldes der Positiven Psychologie populär-wissenschaftlich und somit leicht verständlich präsentiert. Es werden konkrete Handlungsempfehlungen für Führungskräfte, Teams und Mitarbeiter abgeleitet, die sich auch in der Praxis bewährt haben.

Schnarchen und Schlafapnoe Bernd Sanner, Stephanie Lamwers. 2010-09-09 Snoring isn't only an issue of noise while sleeping. It can also be an expression of a serious affliction that can interfere with the quality of life and can have significant influence on the cardiovascular system. This guidebook describes

the basic principles of sleep and the most important types of sleeping disorders. Special attention is paid to snoring and sleep apnoea. Secondary afflictions are laid out, diagnostic and therapeutic possibilities shown and the impact on professional and family life described.

Treat the Cause... Treat the Airway Steven Lamberg, Steven Lamberg Dds. 2020-03-17 A good night's sleep could be the most valuable gift you can give yourself. It could even save your life. Today's culture says we all must exercise and eat the right foods to be healthy. Medical science is showing that the quality of our sleep might be more important than diet or exercise, yet not enough people are paying attention to how they sleep. Over 170 medical conditions, which include the top 10 leading causes of death, can be caused or worsened by snoring and sleep apnea. Is there a simple way to know if you are at risk for this dangerous condition? The Lamberg Questionnaire, as you'll see inside, uses your medical history to reveal your risk of sleep-related breathing problems like sleep apnea and snoring. If you have one or more of these medical conditions, the next step is for you to ask your doctor about testing for sleep apnea and snoring. You'll be surprised how great a good night's sleep can feel, especially knowing you are taking the best care of your health.

Zitty .2007

Positivity Barbara Fredrickson. 2009 A psychologist explains how to create a richer, healthier, more fulfilling life through a process called the upward spiral that incorporates innovative techniques for using positivity to influence relationships, health, and work.

Generation Y in Consumer and Labour Markets Anders Parment. 2011-09-16 Generation Y in Consumer and Labour Markets explores the role of people born in the late 1970s and 1980s as consumers and coworkers in an emerging post-modernist society. Having grown up in a branded society overcrowded with commercial messages and a never-ending supply of choices and opportunities, Generation Y not only

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influences consumption patterns, they also bring their values to work life, thus changing the attitudes towards the employee-employer relationship and how work is being done. Generation Y particularly see work as a venue of self-realization and the boundaries between work and leisure time are becoming blurred—thus the consumer and labor markets converge in some critical dimensions. This book delves into the substantial research body on characteristics and behaviors of the Generation Y, including their relation to other generations and the role of understanding generations in developing effective and attractive organizations. It further outlines the experiences and best practice for attracting, recruiting, selling to, and communicating with Generation Y, based on the author's experiences from hundreds of organizations where he has been involved as a consultant - offering the reader a better understanding of generations in marketing research, and the impact of generations in employee-employer relations.

Improving Employee Performance United States Civil Service Commission. Library.1974

Happiness Ed Diener,Robert Biswas-Diener.2011-09-07 Utilizing sophisticated methodology and three decades of research by the world's leading expert on happiness, Happiness challenges the present thinking of the causes and consequences of happiness and redefines our modern notions of happiness. shares the results of three decades of research on our notions of happiness covers the most important advances in our understanding of happiness offers readers unparalleled access to the world's leading experts on happiness provides real world examples that will resonate with general readers as well as scholars Winner of the 2008 PSP Prose Award for Excellence in Psychology, Professional and Scholarly Publishing Division of the Association of American Publishers

Schlaft doch, wie ihr wollt Stephanie Grimm.2016-03-08 Reclaim Your Sleep! Holen wir uns unseren Schlaf zurück! Während die Ernährung manchen Menschen mittlerweile zur

Ersatzreligion geworden ist, führt der Schlaf, obschon genauso wichtig, in unserer Gesellschaft ein Schattendasein: Diskutiert wird er nur dann, wenn man ein Problem mit ihm hat. Stephanie Grimm will den Schlaf zurückerobern, denn er ist keine vergeudete Lebenszeit, sondern Freizeit in Reinform. Deshalb sollte jeder wissen, was da nachts eigentlich vor sich geht, und sein individuelles Schlafbedürfnis kennen - und durchsetzen. In unserer Gesellschaft wird Schlaf vor allem dann zum Thema, wenn er nicht so recht klappen will. Davon zeugt ein unüberschaubarer Markt an Ratgebern zu Schlafstörungen. Außerdem hat der Schlaf ein Imageproblem: Wer viel schläft, ist entweder faul oder versteht es nicht, sein Leben auszukosten. Stephanie Grimm plädiert dafür, unsere Einstellung einer Überprüfung zu unterziehen, denn: Viel Schlaf ist kein Zeichen von Trägheit oder Passivität, sondern wahnsinnig nützlich, lebenserhaltend und beglückend. Wie Urlaub, den uns die Natur zwangsverordnet hat. Gerade deshalb sollten wir unser Wissen zum Schlaf aufpolieren und ihm einen größeren Stellenwert in unserem täglichen Leben einräumen. Was unsere wertvollsten Stunden des Tages betrifft, gibt es eine Menge zu entdecken, auch dann, wenn wir keine Probleme mit ihnen haben.

Der Schlafquotient Ingo Fietze, Thea Herold. 2006

The Science of Happiness Stefan Klein. 2015-04-09 The international bestseller. An enthralling exploration of the science of happiness. We all know what it feels like to be happy, but what mechanisms inside our brains trigger such a positive emotion? What does it really mean to be happy, and why can't we feel that way all of the time? Psychologists and neuroscientists have been studying negative emotions for decades, but until recently few have focused on the subject of happiness. Now, in *The Science of Happiness*, leading science journalist Stefan Klein ranges widely across the latest frontiers of neuroscience and psychology to explain how happiness is generated in our brains, what biological purpose it serves, and the conditions required to foster the

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'pursuit of happiness'. A remarkable synthesis of a growing body of research that has not been brought together before, *The Science of Happiness* is, ultimately, a book that helps us understand our own quest for happiness -- and is certain to help make you happier.

Chronotypen und Übergewicht bei Kindern und Jugendlichen: Ergebnisse einer empirischen Studie von Schöler und Schölerinnen aus Schwäbisch Gmünd Sarah Weber.2013-04

‘Early to bed, early to rise will make you healthy, (...)’ Basierend auf diesem bekannten Sprichwort von dem ehemaligen amerikanischen Präsidenten Benjamin Franklin wird die Tatsache beschrieben, dass Morgentypen - auch Lerchen genannt -, die früh ins Bett gehen, länger schlafen, sich gesünder ernähren und körperlich aktiver sind, einen gesünderen Lebensstil führen und weniger zu Übergewicht neigen als ihre Gegenspieler, die Abendtypen, die auch Eulen genannt werden. Die Chronobiologie hat in den letzten Jahren einen starken Aufschwung erlebt, steht trotzdem erst am Beginn bahnbrechender Errungenschaften. In dieser Arbeit wird die Bedeutung der Chronobiologie für die physische und psychische Gesundheit stärker in den Blickpunkt gerückt. Im Rahmen der Studie ‘Knochengesundheit und Lebensstil von Gmünder Schöler’ wurden die zirkadianen Phasenlage (Chronotyp) und das Ausmaß von Übergewicht der Schöler aus Schwäbisch Gmünd und Umgebung näher untersucht. Ist der Chronotyp ein effektiver Prädiktor von Übergewicht bei Kindern und Jugendlichen? Neigen Abendtypen eher zu Übergewicht als Morgentypen? Das vorliegende Buch liefert einen Überblick über diese Thematik.

The Top Books of the Year *Der Schlafquotient Gute Nächte Wache Tage* The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of

popular books, exploring the engaging narratives that have charmed audiences this year. Der Schlafquotient Gute Nacht Wache Tage : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Der Schlafquotient Gute Nacht Wache Tage : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is

drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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