

## #SLEEP-ROUTINE

### Can the 3-2-1 rule help you sleep better?

Despite our best intentions, getting enough beauty sleep can feel impossible. But what if the popular 3-2-1 rule could help improve the quality of your sleep?



After enjoying a nutritious, timely dinner, completing your evening skincare routine, slipping into the comfort of pyjamas, and setting your phone aside an hour before bed, do you still find yourself tossing and turning, wide awake? If so, you're not alone. With stress and overthinking constantly on the mind, restful sleep has become elusive for many of us. Quality rest is vital for physical and mental functioning, as it allows the body and brain to recharge. Conversely, poor sleep hygiene can lead to concentration issues, mood swings, a weakened immune system, and an increased risk of chronic conditions like heart disease, obesity and diabetes.

To combat this, the internet is abuzz about the 3-2-1 sleep rule, a simple pre-sleep routine, aimed at improving rest by limiting specific activities and food intake before bed. But can this really help you fall asleep more easily?

#### What's the 3-2-1 rule?

The 3-2-1 rule is a practical guideline to help improve sleep quality by controlling what we consume before bedtime. The rule suggests:

- **Three:** Stopping alcohol intake three hours before sleep.
- **Two:** Finishing food two hours before sleep, and one hour before bed.
- **One:** Ceasing fluids one hour before bed.

This approach has gained



popularity because it's simple to follow and address common habits that can disrupt sleep. It's a straightforward way to reduce sleep disturbances and promote a more restful night.

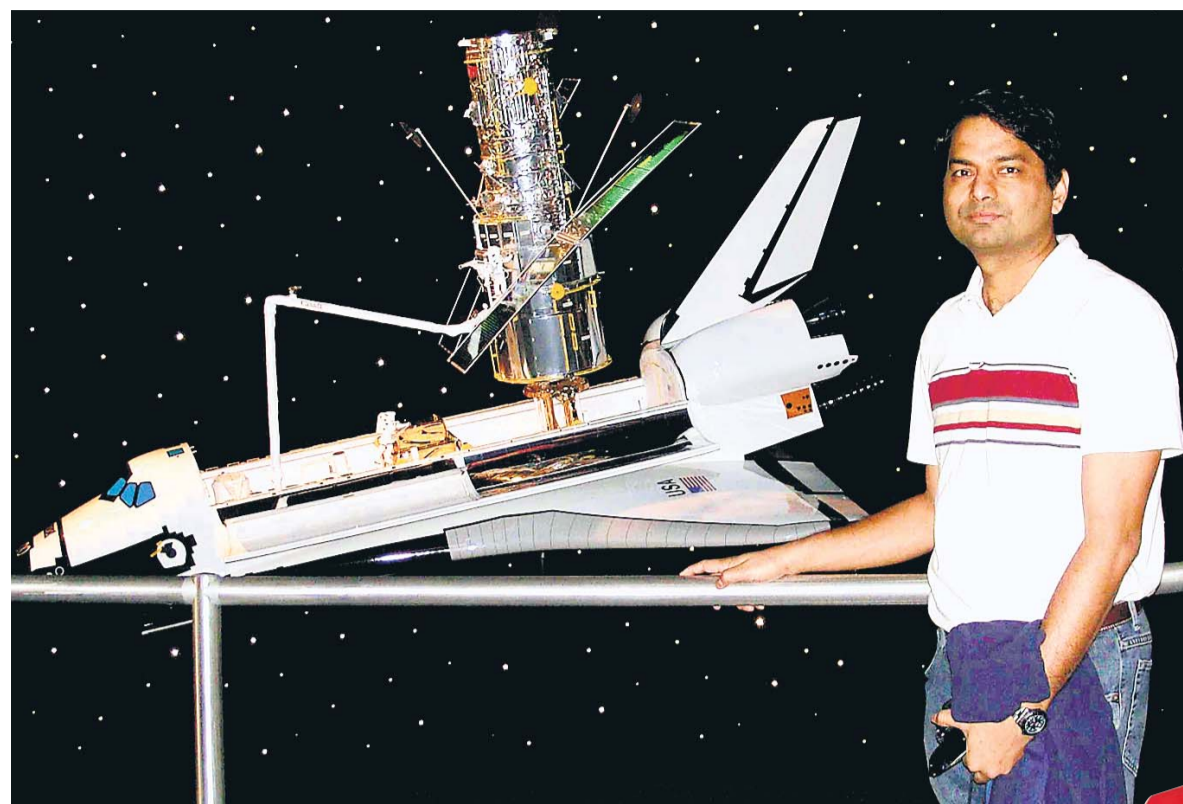
This is the shorter version of the 10-3-2-1-0 rule, which also includes stopping caffeine intake 10 hours before bed and ensuring that the number of times you hit the snooze button in the morning is zero.

#### Understanding each Step

- 3 hours before bed, no alcohol:** Alcohol can interfere with the sleep cycle, particularly the REM (rapid eye movement) phase, which is essential for restorative sleep. By stopping alcohol intake well before bed, you allow your body time to process it, reducing the chances of disrupted sleep.
- 2 hours before bed, no food:** Eating close to bedtime can lead to digestive discomfort, acid reflux,

#### Benefits and Downsides

The 3-2-1 rule can help improve sleep quality, reduce night-time awakenings, promote better digestion and potentially lead to fewer symptoms of morning grogginess. It may also support better long-term health by helping the body establish a healthy routine, positively impacting energy levels, mood, and focus throughout the day. However, one downside is that it may be restrictive for some people, particularly those with schedules that make it difficult to follow the 3-2-1 timeline. Additionally, people with specific health conditions or dietary needs should consult a healthcare professional before making any major changes.



At Kennedy Space Center.

## Being Valued is what we missed in India!

PART:2



Shailaza Singh  
Published Author,  
Poet and a YouTuber

When you first went to America and then decided to stay there, what was your parents' reaction? Were they supportive?

University said that first, they needed to see my performance, and since I had some experience, they would consider me for some research projects, without which I would not have got any tuition waiver or funding. Moreover, as a government employee, my wages were not enough to save for even one or two semesters' worth of tuition on my own. So, I went there, worked hard, got the research projects and the tuition waiver. It was then I brought my wife and son here.

#### How was life there?

It was tough. When I went there, I was thirty years old, which is young according to my standards. UC Boulder is on the foothills of the Rockies and it gets really cold. It snows a lot. I wasn't at all prepared for the climate. I remember that I had to pick up a job on campus to earn money. I was paid seven dollars an hour for picking up the mail from the PO box of the university and sorting it out for each department. Then, I had to drive around in a van and deliver it to the front desk of each department. So, after the first two classes, I used to deliver the mail. At that time, I used to dress in a shirt, pants, and black leather shoes, which was what I wore in my Indian job. So, I would go around dressed like that in that cold. It was a very different scenario from India, where I, as a railway officer, did not even carry my own file and had an official car to take me everywhere.

#### What was the move to America like?

I did not move to America in a very planned manner. By the time, I decided to move, I had been married and had a one and a half-year-old son but I did not take them along because when I went back to college after eight years, the uni-



At the demo of Space X Dragon Spacecraft.

## #SANJEEV SHARMA



With Hyperloop Swiss team.

#### How did you start working in Space X?

As I mentioned, I was working in Seagate technologies. There came a time when the computer Hard Disk (HD) drives were replaced by Solid State Drives (SSD) and the industry was turning towards a downturn. I decided to move from Minneapolis to California, primarily to escape the exceedingly cold weather.

I applied to SpaceX on a whim. I did not know much, and at the time, I didn't know anything about aerospace. To my surprise, I got the opportunity to interview and got accepted. I joined SpaceX in 2013, and by that time, they had gained some name by being the only private company to drive a capsule to the International Space Station, dock it and return it with goods. By then, they had a contract with NASA and they were the first private company to pull off such a feat, and it would be able to accomplish that so it had a lot of promise, but it was still a startup with an uncertain future because space business is very risky. I still decided to take a jump, though Seagate people very nicely told me to come back if things didn't work out.

I worked as the dynamics engineer in the structures group, where we were tasked with designing and getting the first stage booster back and reusing it. But I didn't have any experience in space but I was very well-versed in transportation and management of large mechanical structures. I realized that my experience in large structures, weighing tonnes, along with my experience with small hard drives, with spans of millimetres and micrometres came together in SpaceX. Even to this day, SpaceX has a philosophy of not hiring for experience but hiring for drive and talent. They look at your track record and whatever you have been able to accomplish, especially the hard things. And that's true for entry-level engineers as well as senior engineers with experience. But they don't insist on it, we have to, you know, design this frame thrust structure of the rocket, do you bring 20 years of thrust structure design experience with you? They don't ask that question. So, that's how I got my foot in the door. And it was a great opportunity to learn and do, but it was a completely unbounded problem. No one in the world, at that time, had recovered a liquid propellant booster after an orbital launch.

There was very little precedent that I could look at, very little research on the project, but as I said, I was working along with a great set of people and learned a lot from that and we kept moving through and I think in the 21st flight, we had already recovered a booster, and then, subsequently from there on, my efforts focused on how to get the maximum kind of reusable life despite the mental fatigue and crack growth in space and manage these things to ensure the reliability of the reuse. Once I had done that, the project was

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## Wobbly Wednesday

Did you know Wobbly Wednesday is a special day dedicated to raising awareness of nystagmus? This condition causes people's eyes to move uncontrollably, making things look blurry. Imagine trying to read or recognize a friend's face, but your eyes won't stay still. That's what some people deal with every day. Wobbly Wednesday falls on the first Wednesday of November every year. This day is about raising awareness and understanding for those with nystagmus.



Utah Testing With Drone.

SpaceX again.

#### You talk about how engineers are working so hard and coming up with such inventions. Tell me, what will it take for engineers in India to reach a level like you've reached? Probably not going abroad, but in India?

That's a great question. I think before the Industrial Revolution, there was hardly any difference in the technological or scientific understanding of things around the world. India was probably leading the entire world in terms of technology.

With the Industrial Revolution, we saw that there was more and more focus on growth or new technology coming from Europe rather than anywhere else in the world. And it's not because of any other reason, like, people sometimes kind of say oh, they have more brilliant people over there. Well, people were the same two generations ago, as well. What changes is, I think the principles of intellectual property rights, the principle of capitalism. I grew up in an India, which I regarded as socialist. I think everything was controlled by the government. So, in that scenario, it's very difficult for the individuals who do not have the incentives to make some-

thing new and gain from it. So, even if you make something new, you're going to gain nothing. That's what's been holding India back. It's not that they don't have brilliant people. It's the layers that exist in the society of valuing invention, valuing intellectual property rights, valuing, you know, capitalist systems of reward, and accepting failure.

Even in the U.S., I think seven out of ten startups will fail and everyone knows that. But it's not held against you if you have on your resume that you started six startups and all of them failed. It's not at all negative. So, that's one of the fundamental reasons why new growth and development have been held back in India for so long. And now, I see a refreshingly different view from here, in India that we are now seeing a very cultural change, in the society itself. We need to work on that first before we start looking at individuals who become successful out of that. So, you need to make the field fertile before we focus on the crop. The crop is great engineers and great products. The field is to respect intellectual property rights, have a system of reward and risk-reward, and also have, you know, a tolerance to failure and allow people, the resources, to work on new things.

To be continued...

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Teaching Robotics to high school students in US.

## #TRAVEL

# The World's Most Beautiful Cities

Some standards and some surprises, all dazzling destinations to tempt you on your next trip!

How does one narrow down a list of the most beautiful cities? Each city, in every corner of the world, holds its own particular beauty. What sets some cityscapes apart from the rest are their special combinations of the wildness of nature and structure of civilization. Cities possessing natural beauty, marvellous mountains, remarkable rivers, fascinating forests, or captivating coastline, and human-made grandeur, astonishing architecture, graceful green spaces, magnificent monuments, and superb structures, are those that rise above the rest.

These cities are particularly alluring and enchanting. Some that made the list may seem unusual while others will be on every 'beautiful city' list until the end of time. Regardless, each of these cities is a treasure trove of stunning sights.

#### Prague, Czech Republic



As its nickname suggests, the City of a Hundred Spires has an abundance of appealing architecture. The best way to experience Prague is on foot. Marvel at the many towers of Prague, like

the Lesser Town Bridge Towers, the New Mill Water Tower, the Old Town Bridge Tower, and the Old Town Hall Tower, or take steps to the top of one, as each affords a distinctive view of the capital city.

#### Lisbon, Portugal

In a city that boasts sunshine 290 days of the year, there's so much beauty to behold, whether it's on the edge of the beach or atop a rolling hill. The hills offer several viewing points called *miradouros* throughout this historic city. Visit its most famous, *Miradouro da Graça*, or the less crowded, yet still radiant, *Miradouro de Monte Agudo* and *Miradouro da Senhora do Monte*.

#### Sydney, Australia

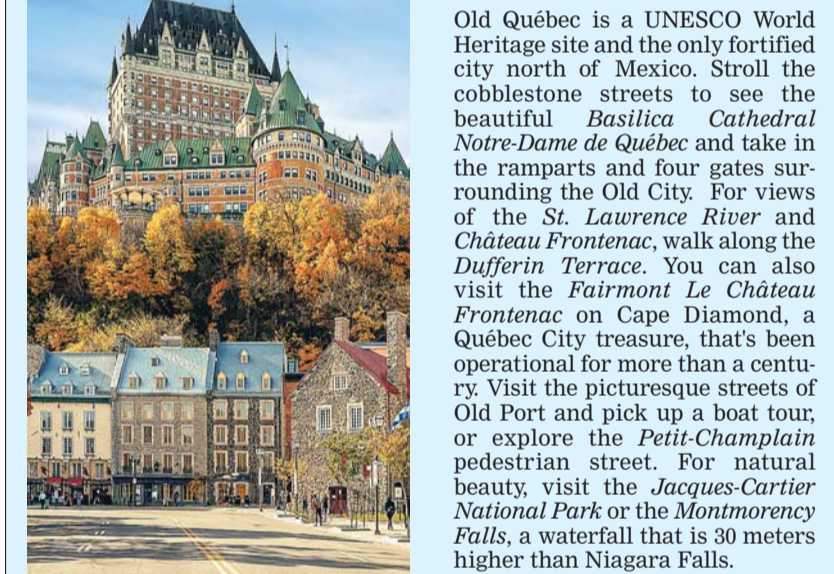
Between the turquoise oceans and golden sands of *Bondi Beach* to the lush rainforest of the *Kiaring-ga Chase National Park* and the bush of *Royal National Park*, you're never far from natural beauty in Sydney. One of the best ways to see the sights is to walk-take the *Glebe Ferries walk*, for example, to enjoy views of Rozelle Bay and Blackwater Bay, the Sydney Harbour, and Anzac Bridge.

For a more leisurely tour, enjoy a ferry or harbour cruise. Climb the *Sydney Harbour Bridge*, the world's largest steel arch, with *BridgeClimb Sydney* for pleasing panoramic views of the city and a breath-taking experience.

#### Cape Town, South Africa

A port city on South Africa's south-west coast, Cape Town sits beneath Table Mountain, a UNESCO World Heritage Site and one of the New

#### Québec City, Canada



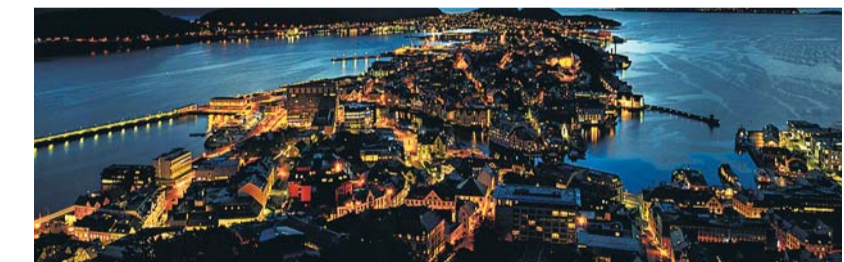
Seven Wonders of the World. Hike or ride a cable car to explore the mountain's flat top and take in the vibrant views of the Mother City, the harbour, and the nearby prison that once held Nelson Mandela.

#### Kyoto, Japan

Kyoto's exquisite architecture and lush scenery make it a grand city. Located on the island of Honshu, Kyoto is home to many Buddhist

temples and Shinto shrines, including the *Kyōmizudera Temple* and *Kinkakuji*. Other jaw-dropping sites include the *Toyoukyu Temple* and the *Tenryū-ji Temple*. Visit in the spring to see the cherry blossoms or in the fall for the foliage. The *Tango-hanto Peninsula* is a must-visit area, with its white-sand beaches, rejuvenating onsen (hot springs), and superb scenery. One of the most beautiful spots in all of Kyoto is *Arashiyama* in the north-western area, as it's home to a sublime bamboo grove.

#### Ålesund, Norway



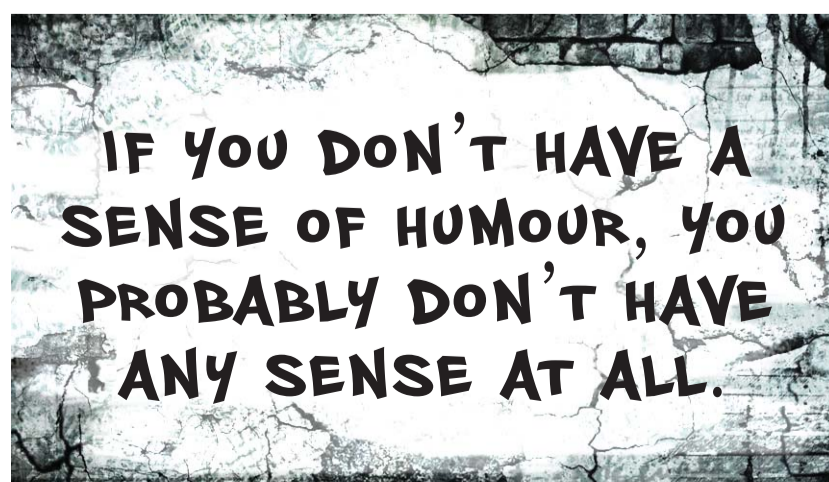
After a fire destroyed most of Ålesund in 1904, the city arose with astounding *Art Nouveau* architecture, with some of the most beautiful examples in all of Europe. Take in the gorgeous city by kayak

along the *Brosundet* canal, which winds through the centre of the city. Take a boat along the *Getrangerfjord* or hike to the *Mount Aksla* viewpoint for marvellous views of this unique location.

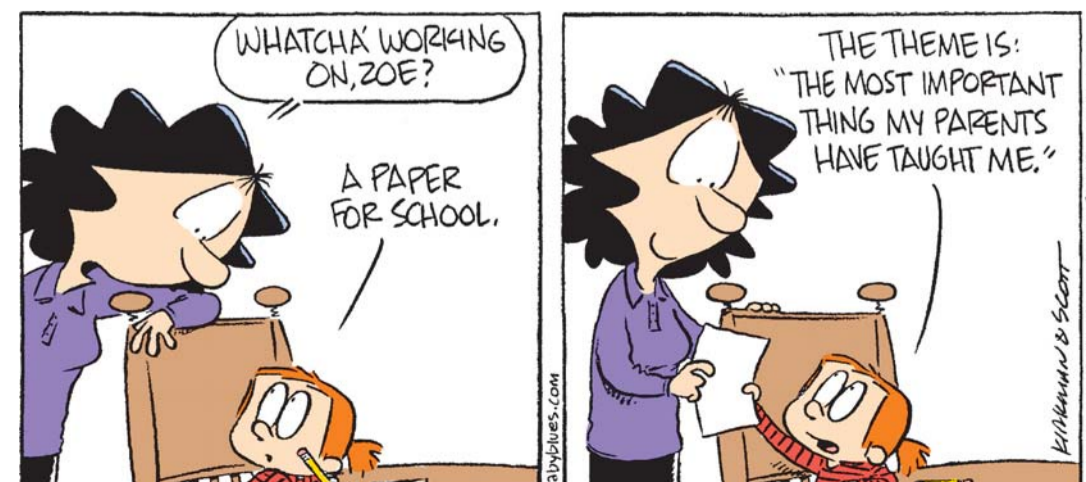
#### Amsterdam, Netherlands

With its historic buildings dating back to the 17th century Golden Age, complex canal system, and charming homes, Amsterdam is a truly stunning city. The ideal way to travel is by bike, but you can also take a boat tour of the historic canal ring, which is a UNESCO World Heritage Site. Walk through *Vondelpark*, the largest city park in Holland's capital. Don't leave Amsterdam without taking a flight with *This Is Holland*. The experience allows you to see Amsterdam from above, over the canals, polders, tulip fields, the *Wadden Sea*, and *Veluwezoom*, the oldest national park in Holland.

## THE WALL



## BABY BLUES



## ZITS



## By Rick Kirkman & Jerry Scott



## By Jerry Scott & Jim Borgman

