Olli Sovijärvi / Teemu Arina / Jaakko Halmetoja

BIOHACKER'S HANDBOOK

UPGRADE YOURSELF AND UNLEASH YOUR INNER POTENTIAL

TABLE OF CONTENTS 01 SLEEP

- INTRODUCTION: **BIOHACKING AT THE** INTERSECTION OF ART AND SCIENCE
- 11 AUTHORS
- 508 CONCLUSION
- 509 SOURCES

- 17 INTRODUCTION
- 19 WHY SLEEP MATTERS
- 21 SLEEP STAGES THE SECRET TO BETTER SLEEP
- 27 TOOLS FOR UPGRADING SLEEP
- 32 PREPARING FOR BETTER SLEEP
- 39 GOING TO BED
- 41 WAKE UP NATURALLY
- 42 MEASURING AND TRACKING SLEEP
- 45 TIPS AND GUIDES

02 NUTRITION

- 53 INTRODUCTION
- 55 YOU ARE WHAT YOU EAT
- 59 STRUCTURE AND FUNCTIONS OF THE DIGESTIVE SYSTEM
- 76 MICROBIOME THE KEY TO A HEALTHY STOMACH
- 83 HYPERSENSIVITY AND TOXINS
- 97 INTESTINAL BACTERIAL STRAIN AND HOW TO SUPPORT THE DIGESTIVE **FUNCTION**
- 103 FOOD PREPARATION METHODS
- 115 MEASURING THE STATE OF NUTRITION
- 122 REVIEWING NUTRIENTS

03 EXERCISE

- 192 INTRODUCTION
- 194 EXERCISE AND HEALTH
- 204 HEART FUNCTION
- 212 CIRCULATION AND MICROCIRCULATION
- 219 RESPIRATORY SYSTEM AND RESPIRATORY CAPACITY
- 225 SKELETAL MUSCLES AND MOTOR CONTROL
- 232 METABOLISM THE CORNERSTONE OF ENERGETIC LIFE
- 246 METHODS TO IMPROVE PHYSICAL PERFORMANCE
- 322 MEASURING EXERCISE AND PHYSICAL PERFORMANCE

04 WORK

- 354 INTRODUCTION
- 356 MEANINGFUL WORK
- 361 REGULATING BLOOD SUGAR
- 372 INTERMITTENT FASTING
 AND KETOSIS
- 381 REGULATING BLOOD PRESSURE
- 384 MEMORY FUNCTIONS
- 394 WORK ERGONOMICS AND METHODS FOR WORKING BETTER
- 421 FLOW OPTIMAL EXPERIENCE OF WORK
- 423 OPTIMIZING TRAVELING
- 430 MONITORING AND
 MEASURING THE WORK
 ENVIRONMENT AND
 WAYS OF WORKING

05 MIND

- 447 INTRODUCTION
- 457 I THINK THEREFORE I AM?
- 459 THE STRUCTURE AND FUNCTIONS OF THE BRAIN
- 465 METHODS FOR UPGRADING YOUR MIND
- 475 TECHNOLOGIES FOR THE MIND
- 479 DIFFERENT FORMS OF THERAPY
- 483 NEUROTRANSMITTERS
- 497 NOOTROPICS
- 503 MEASURING MIND FUNCTION