

PHUSE EU Connect 2019

*Career (and Life)
Improvements
through Self-
Quantifying
Biohacking
Techniques*

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November 2019





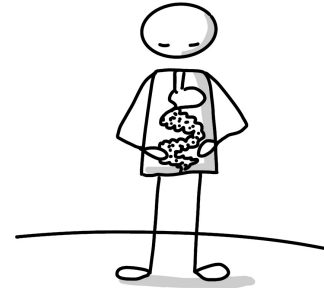
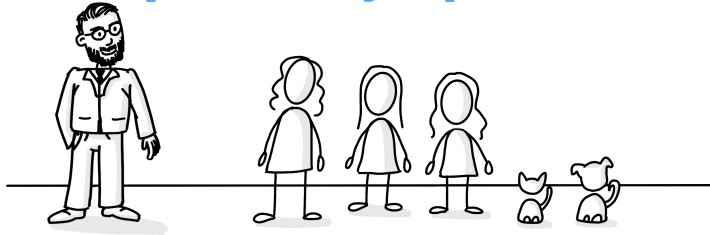
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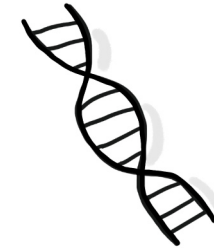


SaschaAhrweiler

[SashaR'Vyler]



Bell Pepper
Paprika
Tomato
Brown Rice
Chestnuts



Slow COMT
MTHFR



VO₂max
43



FTP
174



VO₂max
40



Deep
1h20min

Avg. Sleep

REM
1h46min

Light
3h56min

Total 7h2min

Score **85**
Efficiency **90**



Avg. Mindfulness Meditation
15min/day



Avg. Resting
Heart Rate
49bpm

Avg. Heart Rate
Variability
39ms

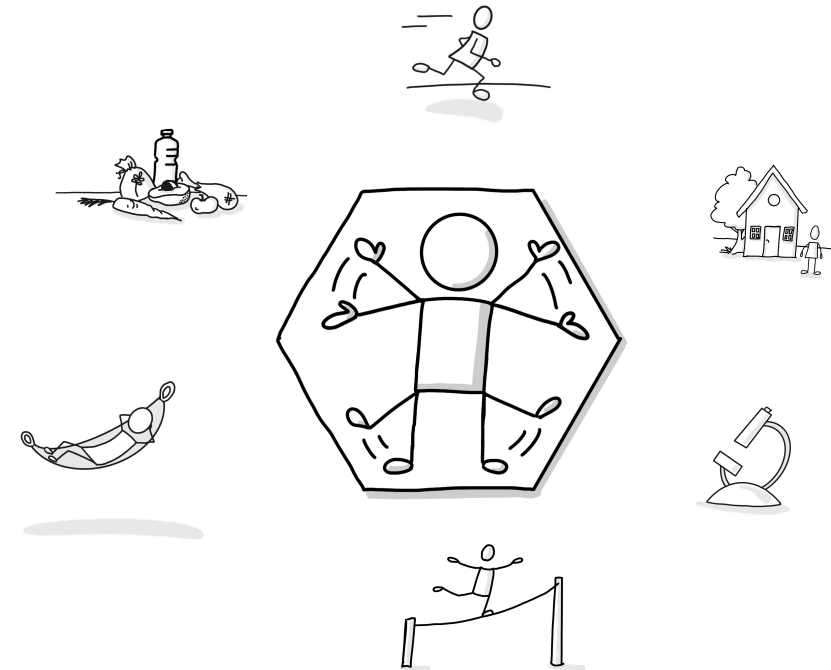
Avg. Blood
Pressure
111/69

Definitions

Self-quantification and Biohacking

Quantified self (noun):

(n) The practice of taking constant measurements about oneself, such as sleep patterns, food intake, steps taken ever day, etc.



Biohacking (verb, noun):

(v): *changing your environment from the inside-out so you have full control of your biology; using your body as your personal laboratory, finding the exact hacks that work for you.*

(n) *The art and science of becoming superhuman*



360° View on Life

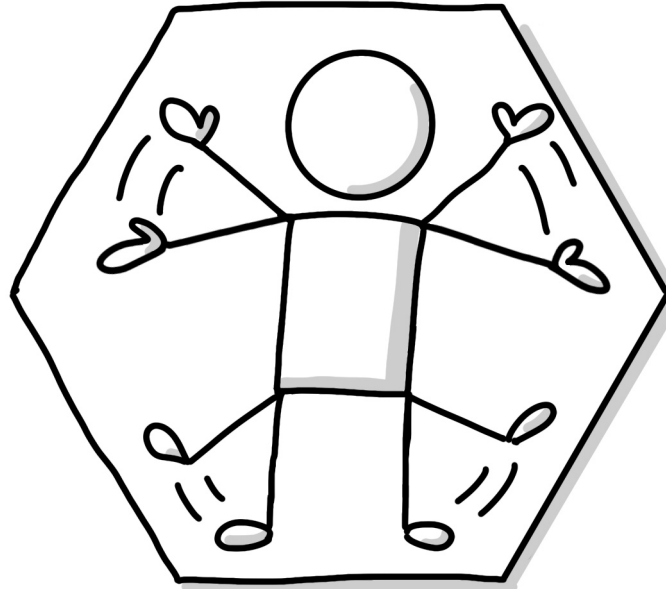
What's important, how to measure, how to improve



Recovery



Environment



Balance



Activity



Focus



Nutrition



Recovery



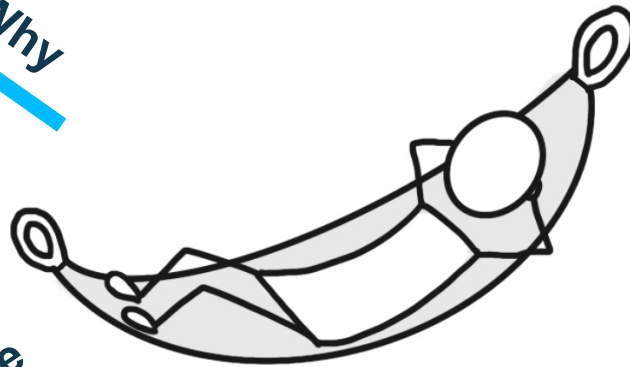
Total Sleep Time

Deep Sleep
REM
Light Sleep

Timing
Variability
Quality
Efficiency



Resting Heart Rate
Heart Rate



Why

What

How

Improve

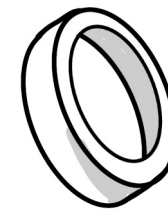
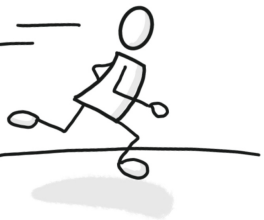
Sleep plays vital role in good health

During sleep body working to support healthy brain function and maintaining physical health

Block blue light at night



Magnesium



Oura Ring



Activity Tracker



Activity



VO2max – maximum Oxygen Intake

Anaerobic Fitness Tests

(eg. 2.000m row)

Heart Rate Variability

How quickly recover

Daily Activity

Number of steps
Intensity

Activity Tracker

Garmin Sports Watch!



Why

What

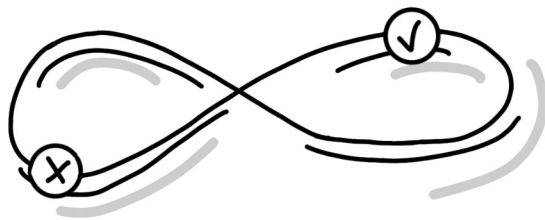
Improve

How

Eating alone is not enough for health, there must also be exercise

Hippocrates (460-270 BCE)

Especially when sitting in front of a computer or commuting by car for a long time



Have fun!

Daily Routine

(eg. Sport in the morning)

HITT

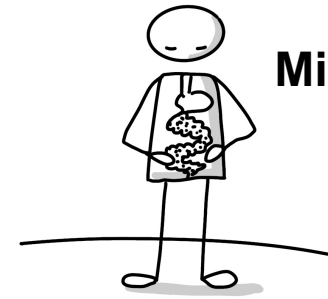
(eg. 4min Tabata Kettlebell-Swing)

Challenges with friends



Nutrition

Give your body and brain the right food/energy for top performance



Microbiome Testing



Blood Glucose

and other lab parameters



DNA Testing



Weight & Food



Viome



CGM

(eg. FreeStyle Abbvie)



Ancestry DNA

Raw data to StrateGene.com



Why

What

How

Improve



Supplement if needed

Eg. Vitamin D3

Don't follow „averages“

Get to know your body

Find your own way

ie. Right balance of micro- & macronutrients

Support brain with right food

(eg. healthy fats, slow carbs)



Balance

Thanks to a continuous flow of information our mind is busy all the time. We are stressed by deadlines, etc.



Why



Time to relax
(eg. Moments of mindfulness)



Heart Rate Variability
(ie. Lower HRV = Stress)



EEG Brainwaves



What

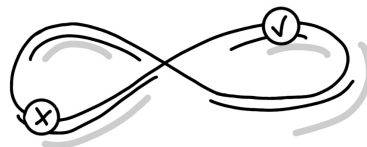
How

Improve

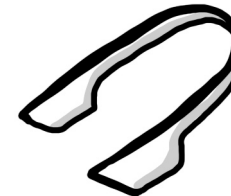
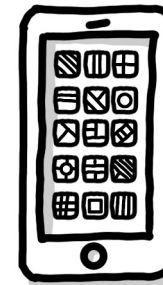


Start Meditating

Gratefulness Journal
(eg. 5min journal)



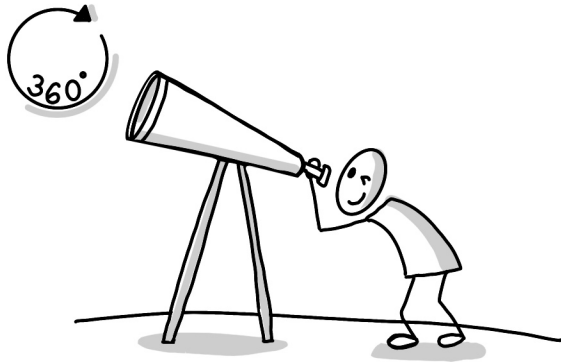
Morning Routines
focus on yourself



Muse Headband
Meditation Apps
Headspace
7mind

Focus

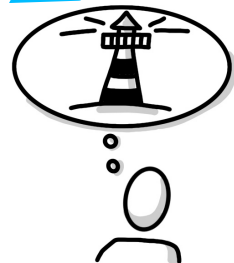
If you don't focus on what really matters to you, you will never be truly happy



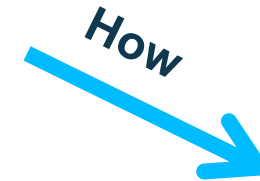
Find your purpose

Define SMART goals

Binaural Beats



Visualize goals



Time spent on (daily) goal

Time spent on other things
Procrastination?



Productivity Apps

- Rescue Time
- Screen Time
- Pomodoro App



Pavlok Band



Environment

The environment where you perform activities and tasks has an influence how well you perform



Optimize your office

- Standing table
- Saddle chair
- Dimable light
- Humidity ~55%
- Temperature 20-22°C



Optimize your bedroom

- Blackout Curtains
- No screens
- No blue light
- Humidity 30%-50%
- Temperature 18-20°C



Location



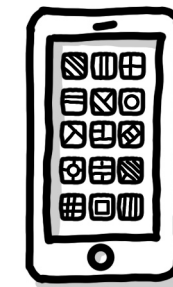
Temperature



Humidity



Light

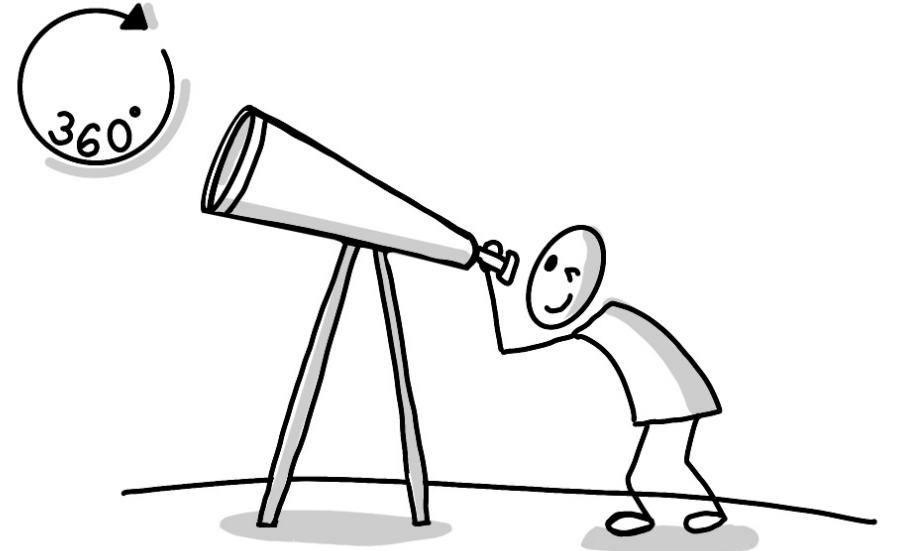
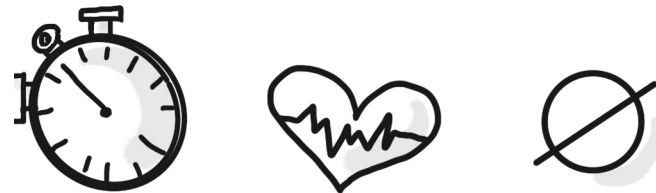
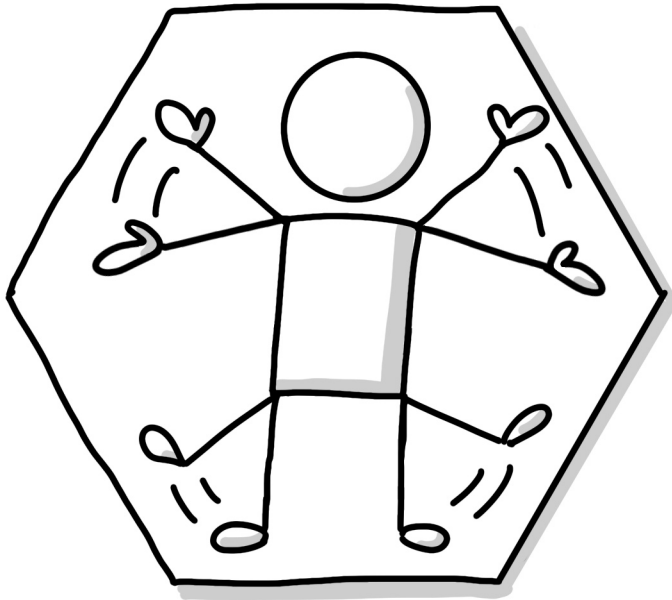


GPS Tracker

Smart Sensors

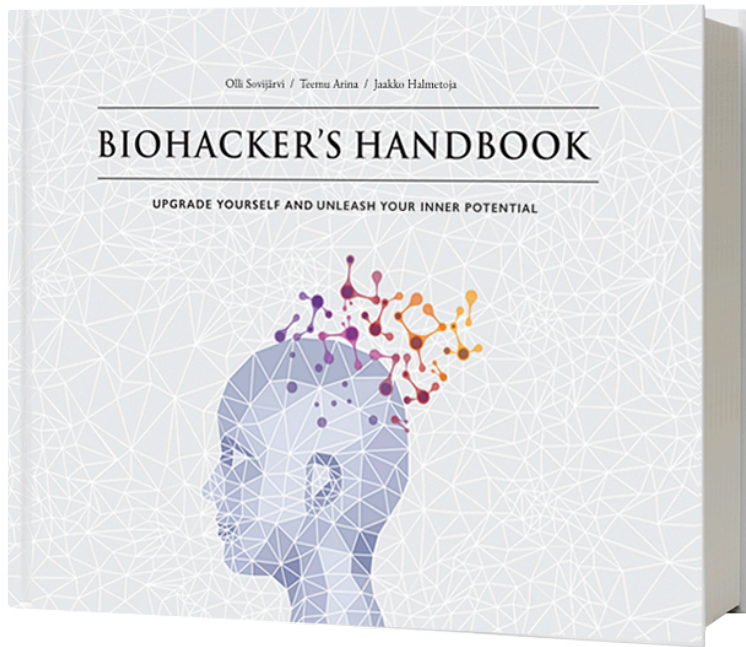
Smart Lightning

Summary



- Self-quantification helps to detect areas out of balance
- Biohacking methods help to improve your performance
- Important to take a 360° view of life

References and other resources



www.biohacking.com



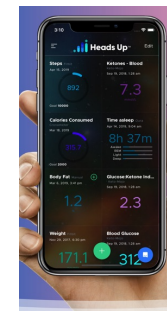
Max Gotzler
Podcasts & Books



Dave Asprey
Podcasts & Books



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Track your Life & improve your health
www.gyrosco.pe




App Heads-Up Health
Dashboard for Health metrics
www.headsuphealth.com



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