

# The Art - and Science - of Being Productive

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# Why I Don't Bring a Laptop to Meetings

Mike Taylor - <http://bit.ly/2oIFrN7>

## Sleep Deprivation Effects

- Fatigue, lethargy, lack of motivation
- Moodiness and irritability; increased risk of depression
- Decreased sex drive; relationship problems
- Impaired brain activity; learning, concentration, and memory problems
- Reduced creativity and problem-solving skills; difficulty making decisions
- Inability to cope with stress, difficulty managing emotions
- Premature skin aging
- Weakened immune system; frequent colds and infections; weight gain
  - Impaired motor skills and increased risk of accidents; hallucinations and delirium
- Increased risk of serious health problems including stroke, diabetes, high blood pressure, heart disease, Alzheimer's disease, and certain cancers

## Signs of Deprivation

- Need an alarm clock in order to wake up on time
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Get sleepy in meetings, lectures, or warm rooms
- Get drowsy after heavy meals or when driving
- Need to nap to get through the day
- Fall asleep while watching TV or relaxing in the evening
- Feel the need to sleep in on weekends
- Fall asleep within five minutes of going to bed

“You are the average of the five people you spend the most time with.”

–**Jim Rohn, author and motivational speaker**  
**Leading an Inspired Life, 1996**

## Resources

NPR - Laptops Away - <http://n.pr/1qQ6NOD>

LifeHacker - Writing v Typing - <http://bit.ly/2rpxoUj>

Productivity Obsession - <http://bit.ly/2nSBDaX>

Building Brain Resilience - <http://bit.ly/1d888TT>

Chronic Stress on the Brain - <http://bit.ly/2rK80LZ>

Thinking and Calories - <http://bit.ly/2qNk3XK>

LiveScience.com - Brain Food <http://bit.ly/2rgzOWP>

Restful Breaks - <http://bit.ly/2stkEvg>

Doty MD, James (2016-02-02). *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart*. Penguin Publishing Group. Kindle Edition.

McKeown, Greg. *Essentialism: The Disciplined Pursuit of Less*. First edition. Crown Business, 2014.

Scott, S. J. *Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less*. Archangel Ink, 2014. Print.