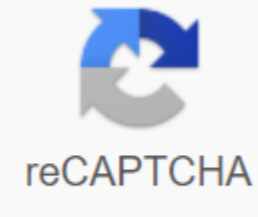




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The sound of night poem

Night, the period of darkness caused by the disappearance of the sun below the horizon. The limits of the night are not fixed. Night can be considered as the period from sunset to sunrise, or as the period from late evening dusk to the beginning of morning twilight. The length of the night in most parts of the world changes with the seasons. For humans, night is a period of natural rest, but many other animals are more active at night than during the day. Many insects, fish, reptiles, birds and mammals have eyes adapted to low night light. Ad Air, like all matter, consists of molecules. Even a small region of air contains a large number of air molecules. The molecules are in constant motion, traveling randomly and at great speed. They constantly collide with and bounce back from each other, striking and bouncing back from objects that are in contact with the air. A vibrating object will produce sound waves in the air. For example, when the head of a drum is hit with a mallet, the drum head vibrates and produces sound waves. The vibrating drumhead produces sound waves because it moves alternately outwards and inwards, pushing toward, then moving away from, the air next to it. The air molecules that hit drumhead while moving outward rebound from it with more than their normal energy and speed, after receiving a push from drumhead. These faster moving molecules move into the surrounding air. For a moment, therefore, the region next to the drum head has a greater than normal concentration of air molecules—it becomes a region of compression. When the faster moving molecules overtake the air molecules in the surrounding air, they collide with them and pass on their extra energy. The compression region moves outwards when the energy from the vibrating drum head is transferred to groups of molecules farther and farther away. Air molecules that beat the drum head as it moves inward rebound from it with less than its normal energy and speed. For a moment, therefore, the region next to drumhead has fewer air molecules than normal—it becomes a region of rarefaction. Molecules that collide with these slower molecules also bounce at less speed than normal, and the region of rarefaction travels outwards. Wave character sounds become apparent when a chart is drawn to show changes in the concentration of air molecules at some point as the alternating pulses of compression and rarefaction pass that point. Graphene for a single pure tone, like the one produced by a tuning fork. The curve shows the changes in concentration. It begins, arbitrarily, at some point when the concentration is normal and a compression pulse is just arriving. The distance of each point on the curve from the horizontal axis indicates how much the concentration varies from normal. Each compression and the following rarefaction make up Bike. (A cycle can also be measured from any point on the curve to the next corresponding point.) The frequency of a sound is measured in cycles per second, or hertz (abbreviated Hz). Amplitude is the largest amount by which the concentration of air molecules varies from normal. The wavelength of a sound is the distance the interference travels under a cycle. It is related to the speed and frequency of sound by the speed/frequency formula = wavelength. This means that high frequency sounds have short wavelengths and low frequency sound long wavelengths. The human ear can detect sounds with frequencies as low as 15 Hz and as high as 20,000 Hz. In still air at room temperature, sounds with these frequencies have wavelengths of 75 feet (23 m) and 0.68 inches (1.7 cm) respectively. Intensity refers to the amount of energy transmitted by the interference. It is proportional to the square of the amplitude. Intensity is measured in watts per square centimetre or in decibels (db). The decibel scale is defined as follows: An intensity of 10-16 watts per square centimeter is equal to 0 db. (Printed in decimal form, 10-16 appears as 0.000000000000000001.) Each tenfold increase in watts per square centimeter means an increase of 10 db. Thus an intensity of 10-15 watts per square centimeter can also be expressed as 10 db and an intensity of 10-4 (or 0.0001) watts per square centimeter as 120 db. The intensity of the sound drops rapidly with increasing distance from the source. For a small sound source that radiates energy uniformly in all directions, the intensity varies inversely with the square of the distance from the source. That is, at a distance of two meters from the source the intensity is a quarter as large as it is at a distance of one foot; at three feet it is only a ninth as big as at one foot, etc. PitchPitch depends on the frequency; in general, an increase in frequency causes a feeling of rising pitch. The ability to distinguish between two sounds that are close in frequency, however, decreases in the upper and lower parts of the audible frequency range. There is also variation from person to person in the ability to distinguish between two sounds of very nearly the same frequency. Some trained musicians may detect differences in frequency as small as 1 or 2 Hz.Due to the way in which the hearing mechanism works, the perception of pitch is also affected by intensity. Thus when a tuning fork vibrating at 440 Hz (the frequency of A above the middle C on the piano) is brought closer to the ears, a slightly lower tone, which if the fork vibrer more slowly is heard. When the source of a sound moves at a relatively high speed, a stationary listener hears a sound louder in pitch as the source moves toward him or her, and a sound lower in pitch as the source moves away. This phenomenon, called the Doppler effect, is due to the wave sound. LoudnessIn general, an increase in intensity will cause a feeling of increased loudness. But loudness does not increase in direct proportion to intensity. A sound of 50 dB has ten times the intensity of a sound of 40 dB, but is only twice as loud. Loudness doubles with each increase of 10 dB in intensity. Loudness is also affected by frequency, because the human ear is more sensitive to certain frequencies than to others. The threshold for hearing-the lowest sound intensity that will produce the feeling of hearing for most people,is about 0 dB in the 2,000 to 5,000 Hz frequency range. For frequencies below and above this range, sounds must have greater intensity to be heard. Thus, for example, a sound of 100 Hz is barely audible at 30 dB; a sound of 10,000 Hz is barely audible at 20 dB. At 120 to 140 dB most people experience physical discomfort or actual pain, and this level of intensity is called the threshold of pain. Ad Last updated on November 1, 2020 I love my sleep. I always make sure I get at least eight hours every night. I'll even leave parties early so I can get to bed in my usual time yet, there are still mornings when I wake up feeling exhausted, even after a good night's sleep. As it happens, I go through a mental checklist, grabbing at straws to explain to myself why I feel so groggy: why do I feel exhausted? Did I drink too much last night? Did I stay up after my usual bedtime? Did I turn snooze on my alarm 12 times? Eight hours of sleep a night shouldn't result in chronic exhaustion, right? No matter how much quality sleep you get, you can still feel mentally exhausted, burnt out, worn down, worn through—whatever you want to call it. Most of the time, you're so exhausted that you don't even have the time or meaning to see it clearly. The answer is right in front of your face, but you haven't had a chance to take a step back and analyze your situation. Maybe you hate your job, or you're worried about paying rent, but you're not actively thinking about it. How could you do with everything that's going on? It's planted in your subconscious, lurking there and eating away at your morals. That worn-down feeling is a cumulative combination of unperiscrivable stressful circumstances—a fusion of past worries and future concerns. We're not talking about your usual physical exhaustion from a long day's work standing on your feet. This is only between your ears. You're overstimulated and it's dragging you down. But what is the real reason behind this brain fog? Why do you feel exhausted? The first place to look at is stress, which is the body's natural response to a new challenge or demand. Where do you currently experience stress in your life? Most pain, exhaustion, or emotional fatigue is the direct result of stress. Daily life is filled with tiny to catch the morning bus, ask you to find a parking space, or worry about the leak in the ceiling at home. As these little stressors pile on uncontrollably, you realize you're white-knuckling through the day. Mental exhaustion, put simply, is long-term stress. It's having a day like above over and over for months straight until it weighs so much that it finally pulls you to the ground. You can't go on living like this. You may have experienced this in the form of a midlife crisis, or even a quarter of a life crisis where you stop and realize that you never pursued the things you once hoped and dreamed of. Life passed you in an instant. What happened to the purpose you once wanted to get out of life? Maybe you wanted to be an artist and all of a sudden, you look down and you're forty-three years old sitting in a conference room surrounded by costumes and boring diagrams. You're faking your way through life and you're tired of putting on an act. Why do you feel exhausted? Depression, anxiety, phobias... so many things can be disguised in a way that provides a façade of normality over a person's inner struggle. – Morgan Housel There are many reasons why you feel exhausted. There may be times when you had full hours of sleep yet ask yourself after waking up: why do I still feel exhausted? Why? This is because there are other possible causes of this exhaustion than improper or lack of sleep. Here are some reasons why you feel exhausted. 1. High pressure employment (emergency workers and teachers) Working in a very stressful scene as an ER or police department is an obvious contribution to stress. Long hours at work and making high-level decisions in crisis mode must be followed by a period of rest, relaxation and debriefing. 2. Working Long Hours Consistent clock for 12-14 hour days for weeks on end can drag you down. Many professions require this type of work seasonally, as accountants during tax season. But when you spend so much time on week all year round and there is nothing in sight, mental exhaustion can become chronic. 3. Financial stress For obvious reasons, being in troubled circumstances with your finances can cause prolonged stress and constant worries, leading to feeling exhausted. How can you enjoy life if you can't afford to do the things you like? No matter how much you sleep, you will still feel exhausted if something bothers you in the back of your mind as financial problems. 4. Dissatisfied With Your Job When you ask yourself, why do I feel exhausted? Also try to ask, Am I happy with my job? A lot of people hit through life in a job they hate. Whether it's your unruly boss, the team you're working with, or the customers you're tired of hearing complain, being stuck in a disgruntled job can cause feelings of resentment in and your personal life. 5. Clutter Whether you're naturally a messy person or life has become so frantic that you haven't even had a chance to clean or organize, the mess plays a massive role in mental exhaustion. Having a clear work space and a quiet environment to go into makes a difference in mental clarity. This can also affect your productivity and your approach to your job. 6. Avoidance and procrastination When you feel exhausted, it may be because something at the back of your head is troubling you. You may have some responsibilities that you should do or have done but still not. Putting things off too long will cause hidden stress to climb on top of you like a monkey on your back. Avoiding your responsibilities and procrastinating are some of the possible reasons why you feel exhausted. 7. Living with chronic pain or a disease Going through life with stress is difficult enough. Add on top of that something like chronic back pain or a congenital condition and it's like taking care of two separate people for yourself. This can also cause feelings of resentment, bitterness, and irritation around people you love, even those who support and take care of you. 8. Death of a loved one Losing a close friend or family member is something that everyone has experienced, and it never gets easier. A lot of people try to play tough and portray to their loved ones that they are okay and handle it just fine. But the reality is that it weighs them down. Be honest with yourself about it, and have someone you can talk to. Experiencing your grief alone and not sharing it with anyone may be the reason you feel exhausted. 9. Lack of Purpose Life needs to have a purpose. Each individual has a purpose that is quite unique to their circumstance. It can be guided by religion, profession, or an end life goal to strive towards, such as writing a book or owning a business. Without an ultimate purpose, it is easy to let yourself slip into a depression that leads to mental exhaustion. What are you going to do when you feel exhausted? When you're struggling with something, look at all the people around you and realize that every single person you see is struggling with something, and to them it's as hard as what you're going through. Nicholas Sparks1. Talk About It It may sound obvious, but talking through these struggles with someone is a form of therapy in itself. Chances are someone has been through the same kind of thing that you're going through right now. Don't hide it. Open up and learn how others handled it. It's more common than you think. 2. Finding an Outlet or a Hobby One way to help find joy out of a life of exhaustion is to come home to a hobby. Unwind from the working day by doing something you love that is also a bit challenging. Learn to play guitar, play video games with your kids, read a book. Learn new recipes to cook for your family. Take your mind away from whatever it is you're worried about. Focus completely on the process and get out of your anxiety. 3. Be Realistic You can't do everything. Look at your schedule, and be honest with yourself and the people around you about what is possible for a person to do in a day. You can't change the world alone. Enlist the help of others and don't be too proud to ask. Putting the world's weight on your shoulders may be why you feel exhausted. 4. Arriving Early It took me years of life to realize how much is early can relieve stress. Waking up five minutes earlier gives me five minutes to relax and think if I forget something before I walk out the door. Leaving five minutes before I normally would for an event gives me five minutes to arrive and get a good spot, scope out the scene, or talk to someone and learn something about the place. Being early, you can be relaxed and completely comfortable as opposed to driving through life in a hurry. Sit down before anyone else and have the mental edge that you are prepared for something. 5. Exercise More, Try Healthier Habits Exercise is probably the last thing you want to do. But have you ever regretted a workout? One hundred percent of the time it makes you feel better and gives you the drive to have a good day. Try healthier habits. Go for a walk right away when you get out of bed. Try a new vegetable once a week. Drink more water. Stand more. Replace dessert with fruit. If you drink ten cups of coffee a day, try to go one day a month without coffee. Healthier habits ultimately lead to a happier life in more ways than you think. 6. Journal Similar to talking about your problems, journaling is an excellent outlet for not only getting your thoughts out of your head but also clarifying your feelings. As you write, you will realize that you actually did not understand what you were thinking. Writing helps. Do it often. 7. Take care of something Get a pet. If you are not ready for a dog, then buy some plants to take care of. This takes attention off yourself and on something that relies on you for sustenance. It will help put everything into perspective and relieve stress and exhaustion. 8. Meditate This is such an overly used cure-all, but meditation really helps with clarity in thinking and developing a sense of calm in your life. Researchers found that meditation reduced symptoms of stress, anxiety, and depression. It doesn't have to sit with your legs cross, fingers in a circle, and says Oooooommmmm. Meditating can take on whatever shape you are comfortable with. It could be taking a few deep breaths before you step out of the car, or it could be closing your eyes and thinking about your loved ones when you're having a hard time. Sometimes before bed I'll just close my eyes and a future I want for myself. I imagine the people I love hugging me and saying Congratulations. For what? I don't know, but I put myself in the mindset to succeed. Final Thoughts Dr. Alice Boyes, author of The Healthy Mind Toolkit: The more you work with systems to reduce stress and excess decision-making, the more mental energy you have. This is true in so many areas. Work on habits and routines that will eliminate the number of decisions you make. The more disciplined you are in these areas, the more freedom you need to do the things you really want and need. But also, understand how you get in your own way. The author Tim Ferriss likes to ask himself, How am I involved in creating the conditions I say I don't want? or What are the stories I say to myself that interfere with self-love? Take a look at the actions and routines you structure your life around. Are there small tweaks you can make to get out of your own way? What would this look like if it were easy? Sometimes, asking yourself questions like these can lead to surprisingly simple solutions and answer the question of why do I feel exhausted? Like I said, everyone fights in their own way. How you manage your stress can be completely different from someone else. By being vulnerable and understanding that you have the ability to overcome this exhaustion, you can begin to find meaning. Exercise consistently positive habits and the momentum will attract more positive momentum. Oh, and get good sleep! More tips to help you when you feel exhaustedToday photo credit: Hernan Sanchez via unsplash.com unsplash.com

