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I am all Donald Trump hates. I'm a woman, I'm black, I'm LGBTQ, I'm a mother, and I'm an immigrant (not necessarily in this order). So this weekend, as I put my 3 year old, daughter in bed, while news flowed in about the violence in Charlottesville, I was not surprised.I did not surprise that a group of white suprematists deliberately embarked terror in a university public. He didn't surprise me that they didn't worry about covering his face with hoods or masks. And finally, he didn't surprise me that they took Donald Trump days to condemn new Nazi and white suprematists, just to reverse himself and excuse their behavior and kill Heather Heyer, a 32-year-old, against -No-violent protester. I was not surprised. This was inevitable.no one who was paid attention should have been surprised only one to take a look at Trump actions since he became president. Within the first month of his presidency, Trump tried to ban the Muslims to enter the country. He searched, and is still looking, to build an unwelcome, anti-American wall on our southern border. He cut funding for the Office of Federal Contract Compliance Programs department at the much office with the task of defense of civil rights and to guarantee the federal contractors not discriminate on the base of race, color, sex, sexual orientation, identity of Gender, religion, and much more. He has also frozen 10 \$ million dollars dedicated to countering violent extremism and preventing terrorism from white supremacists.chip somodevilla / getty imagesnews / getty imagesyes, there were white suprematists first trump, and there will be white supremacy after him. But trump succeeded one and intentionally Å took a fringe hate and given them a place in the house.many white claimed that Trump did not get anything done in his first eight months of office, and in some ways, they are right (bye , Aca). But Charlottesville was not a coincidence. The rally and violence that was followed was the result of the calculated trump plan to stoke racism, inspire hatred, and encourage brute force. He normalized everything on the road to 1600 of Pennsylvania Avenue, and in the process, he has shown that there are no long consequences for obvious bigotry. "You shouldn't be afraid to put my daughter in bed while white suprematists are not afraid to cover their facing them." But America is larger than Donald Trump. We can make sure that there are no consequences for racism, anti-Semitism and white supremacy. Because, after all, impassive racism damages all of us.These are the ideas that keep me awake at night. They are the monsters under my daughter's bed. I am the one who made me grateful has only 3, because I don't know how I'd like to explain what is happening in our country if it was older.racism always leads to violence Å and is what we saw in this weekend in Charlottesville . SOMODEVILLA CHIP / Getty Images News / That's why we need to intensify Å all of us Getty ImageSthat. In different ways. It's time to get up, and participate in a rally or vigil in your community, or organize one if there's already a programmed one. Participate in a call the organization to find the way to resist white supremacy. It's time to work with your local elected representatives to remove the symbols of the Confederation and the question that supporters of white supremacy as Steve Bannon, Sebastian Gorka, and Stephen Miller be expelled from the White House Allies. WHITE need to make sure that they I'm not silent. They need to reach their affected friends and be there for them to, but also go home, to their families and communities, and have conversations On the race and Racism.I should not be afraid to put my daughter in bed, while white suprematists are not afraid to cover their faces. It is time to stop being a surprise and start surprising Donald Trump with the tenacity of our organization, the fervor of our activism, and the true power of our resistance. From Memory Foam to hybrid Innerspring, there are mattresses outside to satisfy satisfying Body and every style of sleep. When you're buying a new mattress, consider how you're sleeping. If you are a side sleeper, look for a soft mattress. The sleepers of the stomach do better with a solid mattress and sleeper sleepers get their best rest on a mattress somewhere between the two levels of firmness. To help you find your next favorite mattress, we have completed the 10 best options that consumers love. Support and comfort blend perfectly to provide a sweet sleep on the Leea hybrid mattress, which has a combination of premium and sprinkled foam individually. Borders support on board, the sleeping memory foam and a breathable mattress cover are three of the features that consumers constantly call when praise this exceptional choice for all sleep styles. Another mattress that works for all sleep styles is the original Budget Tuft & Aug mattress, which boasts over 5,800 five-star reviews. It provides a plush balance and business textures, with pressure lift layers, added support foam. The owner cooling-gel cooling element in this adaptive foam mattress prevents the sleepers from overheating. Photo Cortesy: Studio mattress is not necessary to worry about sleeping hot with the Tempur-Pedic. Probrezee mattress. This premium mattress boasts a cooling cover at the top of a multilayer mattress that presents PureCool +, Tempur cm + and an original tempur foam layer for added support. It is suitable for use with an adjustable base and uses the tempur-pedic movement separation technology for an ideal support and comfort mixture. From the moment you slide out of the box until you can sleep, set the Casper Element mattress takes minutes. The three layers of foam offer a medium firmness, with a layer of memory foam for pressure and support reliefs, a durable base layer and a breathable top layer for greater comfort. It boasts an elegant and simplified design and a 100-night risk-free test as well as a 10-year limited warranty. For pressure relief, it is difficult to overcome the quality and feel of the Sleep memory foam mattress Layla, which offers two firmness options in a mattress. On the one hand, you can enjoy a sleeping experience. But for those with back pain, the upper pressure relief of the soft side offers the maximum comfort and alignment of the spine. The multilayer memory foam is infused of copper to help you sleep fresh and keep the spine stable while loungers. If you are a firm mattress fan, the Zinus Extra Studio Idoil mattress could be the best option for you. This hybrid mattress has an independent ICOIL system for added support, spinal alignment and movement separation. Å Equipped by 33% more reels Å Å,~"each wrapped individually Å Å,~" along with a 7.5-inch base layer, a high-density 2.5-inch foam layer for support And a 1.5-inch top layer designed thinking about comfort. A reviewer praised him saying "It's perfect firmness so that my husband's back problems have disappeared". The auditors adore the high quality of the Sven & Son adjustable bed, which comes with a memory foam mattress infused by bionic gel with a aerodynamic design destined to create the feeling of lying on a cloud. While this adjustable mattress arrives in Double, Queen and King Size, the King Split option offers most of the versatility. This size allows you to lift and lower the two sides of the bed independently, offering you even more options to customize yours Ideal sleep. The mattress also has double massage functionality, LED lighting under a sun bed and an ergonomic backlit remote control. Looking for a more traditional mattress? Consider Plush Plush Plush Premium Seay Response mattress. This mattress combines the support of 960 response reels for minimum movement transfer and optimal support with a 2-inch seaysupport foam layer. This, coupled with SEALYCOOL cooling gel memory foam, provides support comfort, Value, comfort and premium materials are they are Three features that users ordinarily call out while describing the 10 inch Memory Mattress Memory Gel. It offers average support and a combination of high density 7.5-inch foam and memory foam gel 2.5 inch plush, solidarity sleep experience that relieves pressure and cribs growing bodies. If youÅ Å king looking for a comfortable air mattress that will keep you welcoming guests for their entire stay, consider the deeply asleep dream series, which has the comfortcoil technology that provides support, durability and firmness for Sleep comfort. It also has an internal pump with a single click for a convenient, fast and inflation of a waterproof, flocked top for maximum comfort. The auditors love how comfortable and how much it contains its form, which make it an ideal choice for guests during the night. Sleep is often taken too seriously from many people. Even the half of people who know they have a real sleep disorder, as sleep apnea, still refuse to help themselves. Sleeping is not something that determines only if you are tired or alarm. To put it simply, sleep can save your life. This is how important it is. Sleep is necessary for everything in your body and the mind can work properly. Without it, or the continuous lack of, you can be flirted with death. If you can sleep well, be grateful that you can. 50 to 70 million people in the u.s. They suffer from insomnia (Cana t fall asleep or stay asleep for a long time). For them, sleep is a luxury, while for others, it's something discounted or abuse. So just how important is sleep? Let's spend the long-term effects not to get adequate sleep. The brain The first signs can be aware of when he gets less than 6 hours of sleep, he feels tired, smemored, irritable, and not just on the upper part of your game. And yet, in the long term, show everyone around you, such as bad work performance, mood swings, depression, and turn into that person who wouldn't really like to be around. Actually, there was a study done on this by the Mental Health Foundation that found that the people who didn't get enough sleep were four times more likely to suffer from lack of concentration, they have relationship problems and 3 times more likely To be depressed and 2.6 times more probability to commit suicide. The bottom line is the function of the brain is fundamental. Without adequate sleep, the brain caÅ ± to remove correctly. Then, with time, it will literally take the best of you at the end. More information on Sleep An Asleep sound The heart This statistic is overwhelming, but Warwick's university has made a study and found that obtaining less than 6 hours of sleep on a continuous basis makes 48% more likely to die of heart disease And 15% more probability of developing a stroke.å Professor Cap, Co-Author of the Studio, said a trend for late nights and early in the morning it's like a watchmaking bomb for your Healtha. If you are over 65, you are 83% more likely to have high blood pressure, which increases the risk of heart attack and stroke. Weighing many studies have been made with the relationship to the weight, because we try to be honest, many people are more worried with their weight than their sleep! The good news is that lack of sleep increases your odds. The bad news is that if you are not believed, it is so important, but the weight is, then they are not helping your weight problem to not get adequate sleep (7-9 hours). The reasoning for weight gain is the longer you wake up hunger you become. Your body needs energy to move forward e It is staying longer hours, more energy will be needed. Length Length In this case, many studies have been completed in relation to the longevity to sleep. Professor Kevin Morgan from the Loughborough of the University of Sleep Research Team says that one who sleeps 7-9 hours live longer than those who sleep brief or even Longera. You are 12% more probability to die over a period of 25 years, if you don't get enough sleep or too. Immune immune Another interesting correlation professor, Professor Morgan has found that when you're sleeping suite your immune system is weaker. She has discovered for the first time with the test rats, then tested the humans who have to work at night shifts (bad sleep habits are more common in night workers). The study showed that it is more likely to get sick if you do not have enough sleep. In the final, sleep can save your life and others. © Why else? According to the CDC, 1 in every 25 adults report that they fall asleep at the wheel at least once a month, which translates into about 6000 fatal crash a year. If you have trouble sleeping, there are many natural tips that you can try. If you are someone who did not sleep seriously, you may want to reconsider. How to fall asleep asleep Author Bio Aaron Stevenson is a public educator, health freak and founder of Snooze Ez. A go-to source for many topics related to sleep. References http : // www2 .warwick.ac.uk / newsandevents / pressreases / short_sleep_increaseable /

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