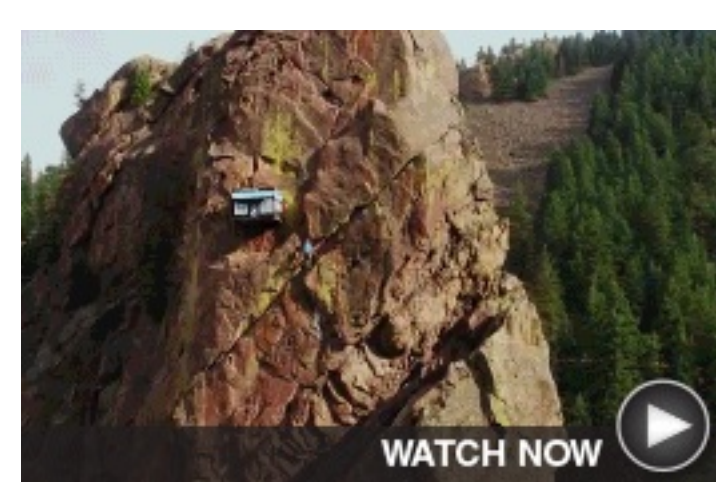
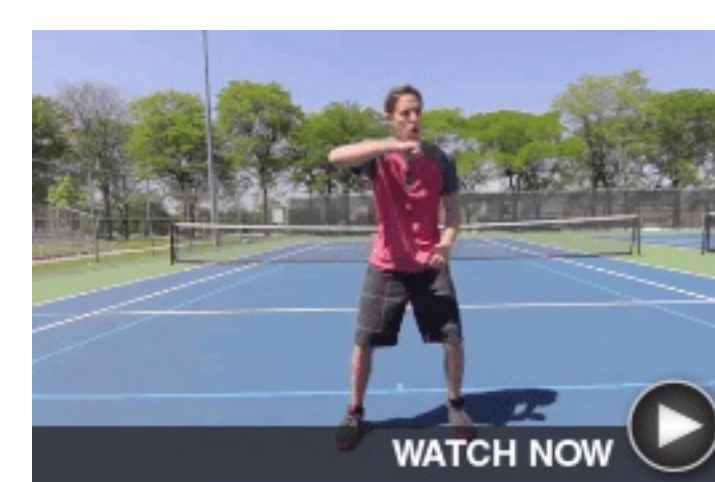


Two To View - A Couple Of Amazing Videos You Don't Want To Miss



Welcome to the Cliffside Shop
This remote pop-up shop is perched on the side of a mountain, and its clerk helps climbers with gear when they need it most.



100 Places of Dance
So you think you can dance... in 100 places? This guy can! Watch his fun routine performed against different backdrops.

4 Tech Tips for a Good Night's Sleep

On Sunday, November 5th, Daylight Savings Time ends at 2 a.m. ET. Most of us love this day as we settle into bed on Saturday night knowing we will get an extra hour of sleep.

According to the World Association of Sleep Medicine, Canadians are increasingly sleep deprived and sleep problems affect up to 45 per cent of the world's population. It is estimated that 60 per cent of Canadian adults feel tired most of the time and get, on average, 6.9 hours of sleep a night which is less than the ideal of eight hours. Research indicates that 30 per cent of adults get fewer than six hours a night.

Sleep deprivation leads to increased incidence of car accidents, industrial disasters, as well as medical and other occupational errors. The Centers for Disease Control and Prevention say that people who lack sufficient sleep are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity.

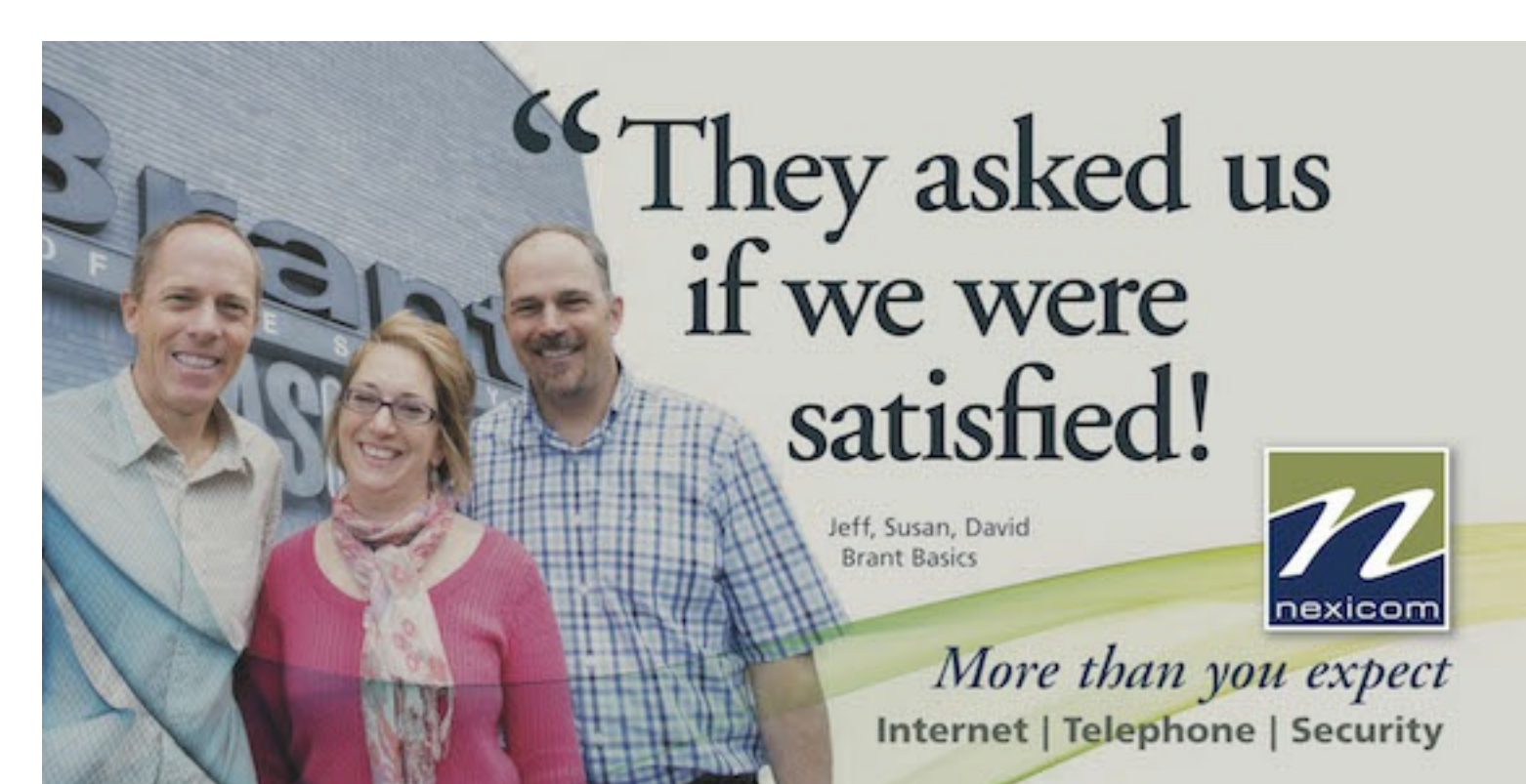
Technology can play a large role in sleep – both helping and hindering. Consider these 4 tips to get you back to quality sleep every night – we head into Daylight Savings.

1. Turn off all electronic devices and limit screen time at least one hour prior to sleeping. Smartphone screens emit a blue light so you can see them at the brightest times of the day. This same light can confuse your brain at night and actually disrupt your sleep cycles. If you're an iPhone owner with iOS 9.3 or higher, you can turn on a new feature called Night Shift, which automatically adjusts your phone display at a chosen time to give off warmer, less blue light.
2. Keep your sleep schedule consistent. Use built in alarms on your smartphone to fix a bedtime and an awakening time. Routine is the key to success; keep your night and morning within a 30-minute range.
3. Track and measure your sleep cycle. Technology can be used to create better habits in our lives. Most of us are aware that tracking our steps with wearable tech – like Fitbit and Withings – motivates us to move more. But, did you know that these same devices can measure the length and quality of our sleep, motivating us to adjust and improve our pre-sleep routines? If you're not in the position to splurge on new equipment, you can also download a mobile app like Sleep Cycle.
4. Set a comfortable temperature for sleeping. Consider using a programmable thermostat, many of which can automatically adapt as your life and the seasons change. After just one week of use, it will program itself based on your daily routine and know just the temperature you like when you hit the pillow. Keeping a room well-ventilated and cool is generally helpful for a sleep-filled night.

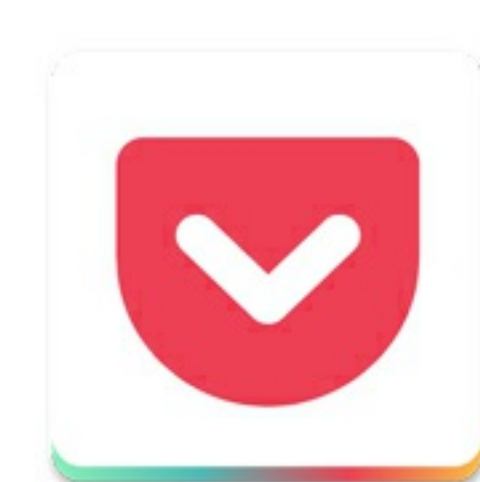
Using even one hour of sleep can affect your ability to think properly and respond quickly, but the quality of sleep is important – REM sleep best! REM (Rapid Eye Movement) sleep is when you do most active dreaming; your eyes actually move back and forth during this stage.

Best wishes for an improved night's sleep.

Nexicom Is More Than You Expect

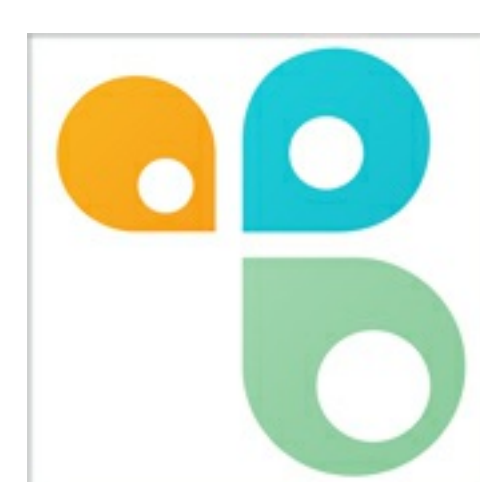


FREE Featured Apps - These Three Are Well Worth A Look



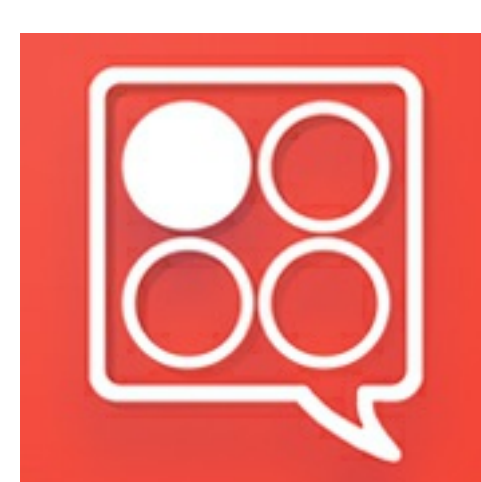
Pocket
Found a fascinating article online, but too busy to read it now? Just save it to Pocket, and read it later using any device.

[Learn more...](#)



Cozi
Cozi helps you keep track of important household information like meal planning, to-do lists, and your family's schedule.

[Learn more...](#)




BigOven
This app is the ultimate recipe organizer. View recipes or enter your own, make grocery lists, and get ideas for leftovers.

[Learn more...](#)

Stay Alert - Watch Out For Ransomware

After being introduced last year and then seemingly disappearing from the cyber scene, the ransomware known as Locky is back. Not only that, but it seems to be "new and improved," meaning more malicious for those who become victims.



[CLICK HERE FOR ALL THE DETAILS.](#)

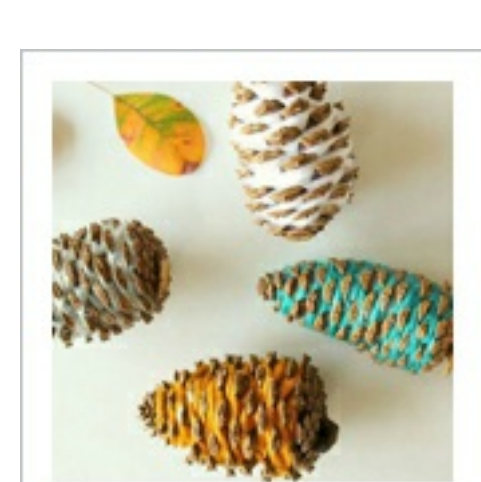
Go Pinterest-ing! - Cool Stuff To Pin On Your Pinterest Boards



[Cute Size Kids Monster Treats](#)



[Cheat and Winny Acorn Donut Holes](#)



[These Del Crafts Are Perfect For Kids](#)

You haven't started pinning on Pinterest yet and you want to get started? If so, [click here](#).

Sites of the Month - Great Sites To Check Out In October

Prepare To Be Fascinated
[InnovationCanada.org](#) - The Canada Science and Technology Museum is currently closed for renewal, but you can visit its website to prepare for a visit when it reopens in November. Explore exhibitions about climate change, Arctic exploration, and Canadian women of innovation. Also read construction updates and check out the Science Alive podcast and videos.

Mysterious Trips
[packuago.com](#) - Love travel, but not travel planning? Then Pack Up and Go might be just the thing for you. The service plans three-day trips based on your schedule, travel preferences, and budget, with one unique catch: the destination remains a mystery until the day you leave!

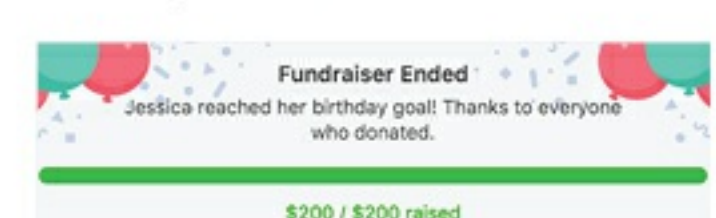
HGTV Home Sweepstakes
[HGTV.com](#) - HGTV has remodeled a charming Craftsman style house in the heart of Knoxville, Tenn. Check out the photo gallery to see the amazing transformation of every room and the exterior of the house. Then starting on October 2, enter a sweepstakes for a chance to become its new owner.

Handy Tips For Homeowners
[thesource.com](#) - There's no end to things needing to be done around the house – from preparing food to maintaining the yard to home repairs. Browse The Source for ideas like new ways to prepare mac and cheese, water features for your yard, or signs there's a mouse in your house.

Short Tutorial/FAQ - What's The Story With The New Birthday Options On Facebook?

Question: Lately I've seen Facebook friends indicating they'd like people to donate to a cause on their birthday. Is this a Facebook function, and does Facebook have other interesting birthday options?

Answer: Encouraging friends to donate to a cause on one's birthday hasn't always been a Facebook function, but it is now.



[CLICK HERE FOR ALL THE DETAILS.](#)

We hope you found this newsletter to be informative. It's our way of keeping you posted on the happenings here. If, however, you'd prefer not to receive these bulletins, please see the links at the bottom of this email to manage your preferences.

Thanks for your business!

Best regards,

[The Nexicom Team](#)

Did you get this eNewsletter as a forward? Would you like to continue to receive it? [Click here](#) to send us an email adding your address to our list.

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