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Shut up and run

Photo by Kate MorinMore of half of us hitting hay with our laptops, continuing to work from bed for 2 to 6 hours a week. But be careful: All the overtime the bedroom can add up to less than an outstanding sleep. Artificial light from post-sundown tools can interfere with the production of melatonin's body, which in turn can prevent us from sneaking easily. Not to mention the fireflies screen makes us alert - shift our circadian rhythms and keep us from heading to bed on a reasonable hour. To ensure a relaxing stress-free zone bedroom, kick any workday reminders including laptops, TV, exercise equipment, and yes, mobile phones. Unplug any electronics 45 to 60 minutes before going to bed to help the wind down, and let just sex and sleep in bed! Takeaway: The bedroom should be reserved for sex and sleep. Remove any reminders of a busy day ahead, and lose electronics. Can we make a lost sleep? Studies suggest we should get 7 to 9 hours per night, but if your sleep was cut short last night, you might still be able to make it. That throughout the month missed sleep, anyway? Not so much ... Fun fact:More than a third of Americans say they don't get enough sleep. Photo via Max PixelEven if Twitter finally bans the Nazis (lol yes right), there will always be boring, dull, annoying, and bad people on the internet. And sometimes they'll find what you put online, and bother you about it. How do you deal with them without feeling like? We got some advice from Eli Yudin, the manager of the CollegeHumor community, whose entire job was talking to strangers on the internet. Grilled TrollsShaming your troll can be fun. Do it publicly, where your usual audience can see it and relax. Most trolls attack poor versions of your plucking, so it's not hard to beat them on their own game. Here's an example of Yudin's work:With all due respect to Yudin, it clearly doesn't take the world shattered slam to beat the trolls. You just have to point out that you're not intimidated, you're not impressed, and you're not surprised. If a troll has come to your yard or feeds to harass you, use your home court advantage and play to your audience. By making an example of someone, you show other trolls that they just embarrass themselves. Yudin compared his work to a replacement teacher, who set the tone with how they responded to the first students who did not Once you've roasted someone, let them twist the wind without further reply from you, and let everyone watch. You have continued. There are two conflicting definitions of internet troll phrase, just like there are two ... Read more Ignorant and Dusk HarassersUnless that's your job, you don't actually owe answers to anyone online, and some strangers can't bother with grills. The idea of trolls used to post something stupid, he said. Now Now used for targeted disorders. I feel like the word troll is too fun for it. There is certain behavior that Yudin never highlights with retort, such as any comment that contains porridge, or with a clearly aggressive tone. Ignore (and silence or hide) offensive comments, while engaging with positive comments or good intentions around it, sends a message. Engaging with good comments and replies encourages more of the same, and it helps you forget the bad. Quietly Acknowledging the BoresEven people who mean good might be boring and annoying. Some people riffs on your jokes will be less than clever. If you're a woman, guys will try to explain your jokes back to you. You can roast or ignore, or you can give it as quiet so they feel acknowledged and close. Don't waste too much time replying to people who miss your jokes or take you too literally. They will misunderstand your answers as well, and you will eventually get caught up in actually-off. Even if you're right, you often end up boring people who get your jokes. (This rule applies more to men than women. Women embarrassing pedantic men will always be funny and well.) Don't Get DerailedYudin also avoid being dragged into unsealed political conversations. Facebook's comments to CollegeHumor are not a place to solve the concept of inverse racism. You are not obliged to engage in anyone's debate, even if they try to hold it in your online space. Taking care of YourselfHowever you act outside, you may really feel hurt in it. Pay attention to the story you tell yourself. Have you ever thought about what an asshole at the other end of the line actually looks like now? When you imagine them at the other end, rubbing their hands along with the villains, says Yudin, the person seems so sad that you can only be like 'what are you doing?' You don't have to sympathize with them, you just have to remind yourself how little power they have over you. It shouldn't be like this. But most online platforms have relinquished their responsibility to ban harassment and bigots, so if decent people want to continue participating, we have to face it. Now give me a minute for emotional preparation for this part of the comments. February 29, 2016 2 min reading euphoria-sharing has claimed its latest victim is not suspicious. The start of New York City-based Carpooling, Tripda will close on Thursday, according to uploaded on the company's homepage. Long-haul ride-sharing platforms are billed as cheaper and green alternatives to buses, trains and short flights. Since its launch in 2014, Tripda connects 1 million tourists in 13 different countries. But it doesn't make enough money to cover spending and it can't guarantee another round of funding. Related: This Ride-Sharing Service You've Never Heard of 10 Million Million and CalculationSWalau managed our community, our operating costs became too high, and we had to re-evaluate our prospects. Given the challenges inherent in funding our operations as it continues to grow, we are aware it is time to bring our journey to an end, stopping the Tripda platform like today, said the letter on tripda's homepage announcing the closure. Tripda will operate until Friday, March 4, so that people who have booked rides on the platform will have time to connect with their travel partners and plan accordingly. Tripda opposes terrible competition in the long-distance rides sharing space, with BlaBlaCar. The start of a riding partnership headquartered in Paris has more cash on hand and it has been around for a decade. BlaBlaCar's first beta product was launched in 2006. Get a stack discount to the book you like to be sent directly to your inbox. We'll feature different books every week and share exclusive offers that you won't find anywhere else. Amplify your business knowledge and achieve your full entrepreneurial potential with the exclusive benefits of Entrepreneur Insider. For just \$5 per month, get access to premium content, webinars, ad-free experiences and more! Besides, enjoy free 1-year Entrepreneur magazine subscription. Entrepreneur Stores shrink the web for the latest software, &tools; web services. Explore our offerings, packages, Pay What You Want &; more. Over the past few weeks, I've gradually released ideas in my head: What would happen if Facebook died? What would the world be like if you woke up one day, rolled over to check your smartphone, and found that Facebook didn't exist? On a microscopic scale, you may experience something similar in the past, when it's quite common for your Facebook account to be inaccessible due to bugs or constant maintenance. It's jarring to be disconnected from your friends, loved ones, and very made of digital egos - but you calm yourself with the knowledge that the harassment is only temporary. Instead, though, you hear fishing stories of people who have had their Facebook account banned (or Gmail accounts deleted), and how they've lost many years of photos, memories, and messages. What would happen if you scaled the effect up to almost a billion people? Is there a lot of proportion of monuments, followed by some kind of pitchforked rush on Facebook HQ? Or will it be more like a lid lifted from collective consciousness, with one billion people blindly appearing to the Real World for a time in a few years? I suspect it will be a former. The better question to ask, though, is whether Facebook can actually be closed. I don't mean physically - Zuckerberg can obviously pull the plug at any time - but, more ideologically, is Facebook too big and important to fail? I I Very few people will argue that the internet itself is a necessity of everyday life - some countries have even gone as far as declaring internet access to becoming a human right - and, more and more, Facebook is becoming the internet for many people. In 2011, Americans spent about 30% of their online time on social networks and blogs, with Facebook forming most of that. Another 10% of online time is spent playing the game, many of which will be Facebook-based Zynga games. In many respects, Facebook has become a spiritual replacement to AOL Browsers, which for a large percentage of browsers - back in the 90s, at least - is the internet. Unlike the AOL yore wall-walled garden, though, Facebook has woven its way into the web cloth. If you close AOL at its height, you'll have a bunch of frustrated users, but they won't actually lose anything except their emails. If Facebook no longer exists, you'll lose messages, photos, friends, business connections, and the whole other thing. Just like when a hard drive dies, you'll be motivated by most of your digital livelihoods if Facebook is closed. Next page: Google+, and how SOPA might help things together

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