

如何透過禪修來改善睡眠品質？

禪修不僅能幫助我們專注當下，還能有效緩解壓力，改善睡眠品質。透過禪修，我們能學會放鬆身心，減少焦慮和擔憂，從而獲得更深度、更健康的睡眠。



睡眠品質對我們的健康至關重要。然而，現代生活的高壓和焦慮常常導致睡眠障礙。禪修是一種有效的工具，可以帮助我们改善睡眠。透過禪修，我們可以學會放鬆身心，減少焦慮和擔憂，從而獲得更深度、更健康的睡眠。

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[illegible]

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[illegible]



"Battery Usage" app is a free app that provides detailed information about your iPhone's battery usage. It shows the battery's current charge level, design capacity, and voltage. The app also provides a 'Wear Level' indicator, which shows how much of the battery's capacity has been used. The 'Wear Level' is calculated based on the battery's design capacity and the current capacity. The app also provides a 'Details' button, which provides more information about the battery's usage.

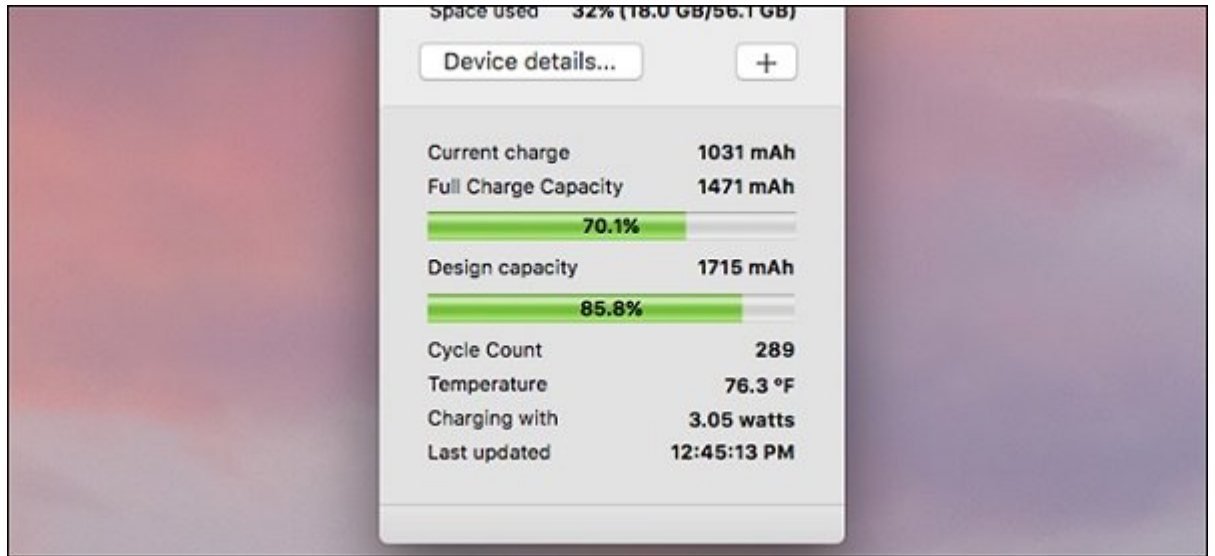
The app is available for free download from the App Store. It is a useful tool for monitoring your iPhone's battery health and usage.

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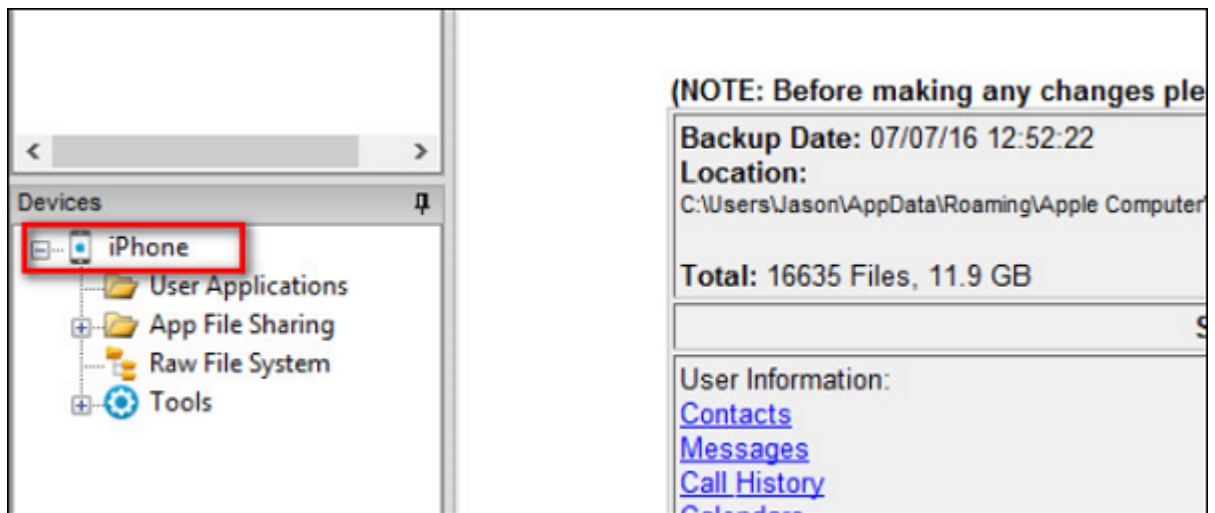
Battery Charge:	885/1500 mAh (58%)
Design Capacity:	1500/1715 mAh (87%)
Battery Voltage:	3.88 V

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이전에는 배터리 용량이 35% 정도였는데, "Design Capacity"가 1715mAh로 표시되어 있습니다. 이는 배터리의 원래 용량을 나타냅니다.



이제 35% 정도입니다. iBackupBot을 사용하여 백업을 수행하면, 백업된 데이터는 "Devices" 폴더에 저장됩니다.



이제 "More Information" 버튼을 클릭하여 더 많은 정보를 얻으십시오.

iPhone 6



iBackupBot no support backup from iOS 3 or before, please backup this device with iTunes.

[More Information](#)

iPhone

iOS 10.0.1 (build 14A403)
 Phone Number: [REDACTED]
 Serial Number: [REDACTED]
 Unique Identifier: [REDACTED]

CPU Architecture: arm64
 Firmware Version: iBoot-3406.1.79
 Baseband Version: 5.24.00

Bluetooth Address: [REDACTED]
 WiFi Address: 70:14: [REDACTED]
 Time Zone: America/Detroit

Backup of this device (click to restore):
[iPhone \(07/07/16 12:52:22\)](#)

This device can be restored from below backups (click to restore):
[iPhone \(10/30/15 23:58:02\)](#)
[iPhone \(07/07/16 12:52:22\)](#)

이제 우리는 이 배터리 용량을 어떻게 측정할지 알아볼 것입니다. "CycleCount"는 배터리의 수명 주기를 나타내는 값입니다. "FullChargeCapacity"는 배터리의 총 용량을 나타내는 값입니다. "DesignCapacity"는 배터리의 설계 용량을 나타내는 값입니다. 이 값들은 배터리의 상태를 나타내는 중요한 지표입니다.

Battery

CycleCount: 313
 DesignCapacity: 1751
 FullChargeCapacity: 1700
 Status: Success

BatteryCurrentCapacity: 59
 BatteryIsCharging: true
 ExternalChargeCapable: true
 ExternalConnected: true
 FullyCharged: false
 GasGaugeCapability: true
 HasBattery: true

이제 우리는 이 배터리의 상태를 iOS 10.0.1에서 확인해 보겠습니다.

:배터리
 용량
 :배터리
[howtogeek](#)
 :배터리
 용량

:شماره تماس
14:48 - 22/07/1396

:موضوع

موضوع: - درخواست همکاری در زمینه - - - - -
موضوع: - - - - -

شماره تماس

<https://www.shabakeh-mag.com/workshop/9514/%D8%A8%D8%A7-%D8%A7%DB%8C%D9%86-%D8%AA%D8%B1%D9%81%D9%86%D8%AF%D9%87%D8%A7-%D8%A7%D8%B2-%D8%B3%D9%84%D8%A7%D9%85%D8%AA-%D8%A8%D8%A7%D8%AA%D8%B1%DB%8C-%D8%A2%DB%8C%D9%81%D9%88%D9%86-%D8%A8%D8%A7%D8%AE%D8%A8%D8%B1-%D8%B4%D9%88%DB%8C%D8%AF>:موضوع