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Folding the built-in sheets is often the bane of laundry day. Sometimes it seems impossible to get it right. Placed sheets often end up in a ball, taking up more space in the drawer than they would if they were folded flat. The ball sheet can wrinkle, and even harder to put to bed. There is a way to fold the placed sheets so that they are flat, and not too hard to learn. Put your hands inside the corners of the sheet. For easier folding, arrange the sheet so that the top is facing you and the bottom looks outwards. vadinguzhva/Getty Images The best way to do it is to fold the top corner in your right hand over the corner to your left so that the seams are aligned with each other. You can then pinch the right corner outwards, so it wraps around the corner in your left hand. kate_sept2004/Getty Images Reach down and add the bottom corners to the tops you just folded, folding the front bottom first. If it's easier for you, you can also fold the bottom corners together before folding them into the top corners. Pinch all the corners together and tuck them in so that they are folded neatly together. Photick/Eric Audras/Getty Images Once all the angles are tucked into one another, the leaf should be able to stay flat. Make sure the four corners are face up in one corner, then fold the sides so that the sheet looks like a rectangle. Fold again, this time using both sides on both sides, so that the sheet has square-off edges. After you're done, you should be able to see an L-shaped fold running along both ends of the sheet, with the tyre inside the crease. Thomas Demarczyk / Getty ImagesForeman folding, be sure to smooth out the fabric to get rid of any wrinkles. Once the sheet is flattened, grab the top half and fold it in, tuck the corners in. Grab the newly folded corners and repeat, folding the top half of the sheet. Now that you have a rectangular shape, fold one side to the middle part of the sheet. Now grab the other side and repeat the process. Folding the two sides should make the folded sheet look like a square. In the U.S. and Canada, there are usually four pieces in a set of sheets. There is the built-in sheet, as well as a flat top sheet and two pillowcases. In Europe, however, bedding sets do not contain a top sheet. Europeans do not use a sheet between the placed sheet and the duvet, or the comforter. Bulgac/ Getty Images In general, the cards must be every week. For people who don't use their sheets every day, every other week can be ok. However, anyone who experiences seasonal allergies, sleeps with pets, or is prone to colds should wash their leaves as often as possible. Washing leaves gets rid of allergens and germs, so you're less likely to get sick while they sleep. Hispanolistic/Getty Images Sheets will be completely replaced every two to three years. If the leaves are high and well cared for, they may last longer. It is important to replace the leaves when they begin to wear out because worn leaves can disrupt sleep. If the leaves show signs of weakening, it is best to replace them. Mitshu/Getty Images Sheet material is a matter of personal preference, but some materials are better than others in helping you sleep. A good material will absorb moisture, and keep a person cool at night. Here are some materials that are good for sleep: TencelBambooModalEgyptian CottonSilkMicro FiberLinen mumininan / Getty Images The number of threads per square inch of fabric is the number of threads. A high number of threads usually means softer, longer-lasting leaves. It's not the most important thing to pay attention to when buying new cards, however. The high number of threads is nice, but it is not as important as the hardware type. hapelena / Getty Images Sheet music is the form in which songs are written down. The score begins with the blank personal music paper consisting of charts that have five lines and four spaces, each representing a note. Songwriters who compose songs in typical musical notation use staff paper to create scores, which can then be passed on to musicians who interpret the score for a musical performance. Today, making your own score is easier than ever. With notation software, such as Finale, or the free Noteflight web service, anyone can turn their musical ideas into professional music sheets. Use the note to get started (see Resources). Noteflight is a free web-based music notation service that allows you to write, print and even save your scores as music files for playback. Noteflight has a clean, easy-to-use interface that makes it possible even for a beginner to create a song in scores. Since Noteflight lets you listen to what you've written, you can experiment with different notes until you create something that sounds good, even if you're not familiar with music composition. Create a Noteflight account and sign in to start creating your score. You can start writing your song right away. At the top of the page, located on a toolbar, click New Score to create an empty sheet music document. Choose whether you want your score private or shared. Note your flight presents a blank sheet of music in the key of C with 4/4 Time. Click Edit Title at the top of the sheet music, and type the name of your song, and then click Edit Composer and type your name. Make the necessary changes to the key signature or time signature on the Score menu with either the Change Time Signature command or the Change Key Signature command. Add notes and rely on your score by clicking on the blank music staff. A note head appears, and you can drag and click where you want the note to appear. You can also use the mobile palette to select different note durations. As well as Your notes, Noteflight will automatically configure your scores to keep the appropriate number of beats per line. To hear what you've written anywhere, go to the Play menu and select the playback option you want. Print your scores when you're done composing your song. The result will be a professional score of the composition of your song. You can also use Noteflight to make an audio file of your composition. NoteFlight allows you to assign real instrument sounds to the appropriate places. Go to File and choose Export to save your finished scores as an MP3 or wav file. This allows you to get an example of registration in your band. Cheating happens ... Very. But why people cheat is a tough subject. Among studies showing how many people cheat or want to, with the Ashley Madison scandal, there have been many reminders recently of how widespread it is. We know it's happening. We know it sucks. But we don't know why people do it. I mean, there's the obvious, simplistic reasoning that sex feels incredible and if we want that and don't get it from our partner we'll look elsewhere. Do we really believe that? I mean, it's reductive and also often sexist take on it. There is the cultural myth of men who deviate because of high sexual records, which makes men look like walking out of control erections and makes it sound as if women are not interested in, or withhold, sex. It's not fair to anyone. Men cheat, women cheat too, and although everyone's circumstances are unique, folks at ASAPSSCIENCE take a look at science and biology in the game in infidelity. The video shows that some of us may be predisposed to cheating and why. Although personally I can never imagine it being like it's okay that you cheated honey, I know you've got a bigger allele, it's really interesting stuff. Take a look at the video to see what's going on internally that makes us move away from monogamy: Here are the highlights:1. The factsOnly three percent of mammals are monogamous, but that includes us. The video explains that from an evolutionary point of view it creates an advantage as one parent is able to watch the babies while the other gathers food.2. It's all about dopamine, BabyWe know that dopamine is out a little feel good button, but some people have a long allele variant of the dopamine receptor, while some people have a short allele variant. The strange thing is 50 per cent of those with the long alleles have cheated, while about 20 percent of people with the short had. That's weird, isn't it? People with the long allele variant, where they are also more likely to be dangerous or show addictive behavior.3. Vasopressin themes-Have you ever heard of it? The video says there is also a link to vasopressin, which is similar to oxytocin in that it affects confidence and social connection. A 2014 study of 7000 twins suggested that lower vasopressin angiopressin have an effect on cheating, according to video.4. Let's not forget CashThere is also an issue with money. Men who make way more than their wives are more likely to cheat, but men who are financially dependent on women are more likely to cheat. So basically your fidelity is safer if you both do around the same amount.5. And all the other ITAs if hormones and money weren't complicated enough, there's more. Rightly, the video points out that there are always face circumstances, such as emotional baggage or substance abuse playing a factor, so we can't simplify it all down to DNA. They also note that very little research has been done on LGBT couples and their patterns and causes of infidelity, so there is still a lot more work to be done if we want a holistic view of why people cheat and what to do about it. Want more from the sex of fuss and relationship coverage? Check out our new podcast, I Want It This Way, which explores the difficult and completely dirty parts of a relationship, and find more on our Soundcloud page. Pictures: Photographee.eu/Fotolia; asapSCIENCE / Youtube omg. I've completely wasted my potential at work. I could be stealth disco-ing. -andrew.stotsan.net Stealth disco was born in March in Cramer-Krasselt, a Chicago advertising agency. The idea: Sneak up on a colleague, boogie without noticing, film the act, then email your colleague the material. In September, copywriter Bill Hollister published the company's jet launches in www.stealthdisco.com. Within weeks, there were tens of thousands of reports on the Internet. Why? It's just, it's funny, hollister says. I just did my first stealth disco. -joi.ito.com For 48 caffeine-fueled hours in late September, 81 professionals took to the streets of New York to experience things. All kinds of things. Merchants from Starbucks and Lego joined library and hospital managers to smell, listen, and play. This was ThinkAbout, the sixth annual gathering produced by Joe Pine and Jim Gilmore, co-founders of Strategic Horizons LLP. When it comes to experience, Pine and Gilmore literally wrote the book: The Economy Experience: Work Is Theater and Every Business A Scene (Harvard Business School Press, 1999). In economy experience, preaching, cost or quality alone doesn't cut it. Today, people require experience. ThinkAbout turns the traditional conference model on its head. Instead of locking the participants inside a hotel ballroom, Pine and Gilmore used Times Square as their playground, creating placing somewhere between the trading floor on the stock exchange and the kindergarten class. Participants sporting wireless headphones tried easyInternetcafé, Toys R Us, and other stores. In Qiora, Mark Scott, a principal at Starizon Inc., drifted out of the Zen-like environment and bought a \$55 bottle of lotion for his wife. There's no brochure trying to tell you what. it just is, he remarked. Ah... Insight! It's this authenticity that doesn't just make you a customer for a day, but a customer for life, Gilmore explained. He and Pine argue that authenticity performance will prove to be a defining hallmark of major brands over the next 20 years. The next morning, the conversation broke out. I think we need to start focusing on the experience that the customer wants rather than the experience we want to push on the customer, said Lorna Goulden of Philips Design. But customers don't know what experience they want until you give it to them, retorted Manfred Abraham, a customer service manager from a London brand dealership. The room was filled with questions. We want to see the lamps turn on. We want to see new ideas created, Pyne said, pleased. Part of that is putting people in a place that's not comfortable. So it was: ThinkAbout is put off on the streets, in the realm of discomfort. Danielle Sacks Why did you read a book when you could rent the movie? And why go to b-school when you can, watch a B movie? With the input of readers to FC Now Weblog, Fast Company presents the 10 best performances of all time by leaders on the silver screen.1. Mr . Smith Goes to Washington (1939) Leader Jefferson Smith (James Stewart) Lesson There is no place out there for graft, or greed, or lies, or compromise with human freedoms. 2. The Bridge to the River Kwai (1957) Leader Colonel Saito (Sessue Hayakawa) Lesson Be Happy in Your Work. 3. Office Space (1999) Leader Peter Gibbons (Ron Livingston) Lesson Human beings were not meant to sit in small cabins looking at computer screens all day, filling out useless forms, and listening to eight different drone bosses on mission declarations. 4. Patton (1970) Leader General George Smith Patton Jr. (George C. Scott) Lesson Never tell people how to do things. Tell them what to do and they'll surprise you with their ingenuity. 5. Hoosiers (1986) Leader Coach Norman Dale (Gene Hackman) Lesson If you put your effort and concentration into the game for your potential, be the best you can be, I don't care what the scoreboard says at the end of the game. In my book, we'll be winners. 6. Cool Hand Luke (1967) Leader Lucas (Luke) Jackson (Paul Newman) Lesson I'm just doing my job. You have to appreciate that. No, no, no, calling it your job doesn't make it right, boss. 7. The Godfather: Part III (1990) Leader Don Michael Corleone (Al Pacino) Lesson Never Hate Your Enemies. It affects your judgment. 8. Glengarry Glen Ross (1992) Leader Ricky Roma (Al Pacino) Lesson What You Have for is to help us . . . to help us . . . help the men who go out there to try to earn a living. 9. Apollo 13 (1995) Leader Gene Kranz (Ed Harris) Lesson Let's work the problem, people. Let's not make things. Things. with guesswork. 10. The Empire Strikes Back (1980) Leader Yoda (Frank Oz) Lesson Do or do not. No effort. Heath Line Series

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