Meta: Last updated 6/2020. I have further opinions on some of these items; send me a private message to ask. If you know of a thing I should use, there's an [open bounty](#) of $50 on anything I haven't heard of that improves my productivity by 1%.

I implicitly recommend that anyone like me try things on this list not otherwise marked.

Things I Use

Hardware

- Electronics
  - Laptop: 2018 HP Spectre x360 15"; the 2020 Envy is pretty good.
  - Monitor: A Dell 3818DW 38" ultrawide; has been worth 5-10% productivity vs standard.
  - A severely neutered iPhone 11; see "Distraction mitigation".
  - Keyboard: A fairly cheap compact 81key mechanical keyboard from Amazon; I suspect a low travel distance keyboard would be better for me. Caps lock remapped to backspace; would like it as a modifier key instead.
  - Mouse: Razer Deathadder V2. More comfortable to use than the other ~5 mice I've tried including a vertical mouse. Extra buttons set to browser forward/back, ctrl+W and Mathpix.
  - Kindle: a Kindle Oasis 2020, which I use infrequently and share with my family.
  - Headphones: Sony 1000MX3 noise-canceling headphones; cost ~$300, noise canceling is good but I don't often have noise to block out; I get tinnitus wearing them for long periods.
  - Earbuds: Cheap wired earbuds with Lightning adapter. Only reason I don't have AirPods is so I use my phone less.
  - A Fitbit Charge 2; will likely replace next year depending on how the Google acquisition goes.
- General
  - Blackout curtains
- Meds
  - Vitamin D 5000IU capsules, every morning.
  - Calcium 500mg, daily.
  - Melatonin, which I take daily at 9:30pm.
  - Amitriptylin 10mg, intermittently.
  - A double one-week pillbox from Amazon.
- Sleep
  - A 15lb queen-size weighted blanket; feels much more comfortable than a standard blanket.
  - A lofted bed. Makes it easier to sleep for some reason.
  - Blackout curtains, semi-permanently installed on some of the windows in my bedroom

- Toiletries
  - Standard electric toothbrush and floss.
  - Hydroxyapatite toothpaste.
  - A microfiber hair towel.

Software

- General
  - W10 with WSL
  - Firefox with [numerous privacy extensions](#)
  - Windows PowerToys for its tiling window manager
  - Mathpix; turns formatted math into LaTeX source automatically; lets me keep up much better with note-taking in live lectures and somewhat better in virtual lectures
  - [Roam](#) for general note-taking
  - f.lux
  - Atom as a general text editor
  - Pycharm + Wolfram Language plugin for editing Python and Mathematica
  - Timers on my phone for several important daily events: getting sunlight/exercise, taking melatonin, checking the next day's calendar.
- Quantified Self/lifelogging
  - Fitbit (see above)
  - RescueTime to track my time using various applications.
  - Toggl for manual time-tracking.
  - Exist, as a data aggregator. Not nearly as good an aggregator as I want (limited integrations, no multivariate correlation), but there isn't much competition.
- Distraction mitigation
  - iOS Screen Time to block games and web access 24/7 and nearly all activity during sleep hours.
  - Cold Turkey Blocker; blocks all distracting websites except between 5pm and 10pm, and locks me out of my computer entirely during sleep hours.

Things I've tried

- I've read the LW threads on [physical objects](#) and [one-shot life improvements](#).
- Meds
  - A couple of antidepressants, though I do not currently have clinical depression
- Sleep
  - A lofted bed surrounded by curtains (used while at my dorm); modest, mostly psychological improvement to sleep.
  - Light-based alarm; looking for a reliable one.
  - Sleep masks. Uncomfortable, and they tend to come off as I shift positions during sleep.

- - ○ Earplugs, similarly
    - ○ A [chili OOLER](#) water-cooled mattress topper. Rather expensive. Noise is a constant cost to sleep whereas benefits are inconsistent. Being uncomfortably cold is a risk; I ended up setting it to barely cool me at all. Works very well for others anecdotally.
  - ● Other
    - ○ Hydroxyapatite toothpaste; taste is not mild enough.

Things I want to try

- ● General
  - ○
- ● Meds
  - ○ LSD microdosing; need to wait until my mental state is significantly more stable than currently.
  - ○ A couple more antidepressants.