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Funny video for tiktok tok and social media

During the holidays last year, I downloaded TikTok. Maybe a little late. But I was hooked from the beginning. I spent a solid day - really, maybe eight hours straight - moving through the short clips. A whole new world of memes has opened up for me. What was at first confusing (why did the men wear shirts and towels on their heads?) quickly became interesting in the joke, which I was above. I was excited, because only one person who found another way to slowly kill her retinal cone could. It didn't take long after I'd downloaded the app, though, for me to have my first twinge of discomfort about my new social media obsession. It was the same night really, and that's because I stayed in 2 a. watch the TikTok video. That's very unlike me. I'm a good sleeper. Usually I browse reddit before bedtime, but even with all that blue light beaming into my eyes, and even if I'm knee deep in the most infuriatingly hilarious AITA topic ever (pro tip: sort of by controversy), my eyelids start droop around midnight , my phone fell out of my hand somewhere east of my head. But when I started scrolling TikTok, that natural shutdown didn't happen. Half a year later, it still didn't happen. I'm not a daily user, but when I open the app at night, it helps me wake up. Eyes plastered open, forefingers rubbed rough from claws. Even if I force myself to put the phone down, it will take me 20 minutes or so to calm down enough to drift to sleep. Why does this happen to me? I wonder. (Cough "lack of self-control" cough.) Seven months after use, I can not blame the novelty of TikTok for ruining my sleep. Is it something about the combination of video and audio that has been overwritten on the natural knock-out mechanism of my brain? Had years and years of blue light from the pre-bed move finally given me the insomnia I probably deserved? What's going on? I'm very tired. There is a list of recommended activities to use before bedtime, explains Lynelle Schneeberg, PsyD, a psychologist at Yale Medicine who specializes in behavioural sleep medicine and an adviser to Saatva Mattresses. Here is a list of her favorite pre-sleep purposes, from best to worst: reading, reading on kindle or tablet, listening to audio books or podcasts, watching movies. Then she told me, I don't have much to love. Many of the other things done at night can make it harder to drift away, she said. When I asked Schneeberg what went into her rating system, she said the blue light out of each option played a part. (She asks customers to use night mode on their devices, if they have to use them before bedtime.) But just as the impact is kind of pastime. Specifically, she considers, You are using each device interactively, or passively? Reading or watching videos will be less likely to keep you awake than publishing images, like posts or reading and replying to emails, she noted. Interactions help you get more excited and less closed. It to imagine that your phone has become a movie player before bed, she suggested. Even during activities she says is acceptable to do before bedtime, there is a spectrum. Schneeberg says you can imagine rating activities on a scale of 1 to 10, with a super boring operation and 10 being super attractive. You don't want to be watching or reading a 10. It could be a horror movie, for example, or a book your favorite author has just published, or a whole new show, maybe queer, she said. Try choosing something that is a year: not so boring that you don't care, but just interesting enough that drowsiness can sneak up on you and you don't lie there worrying about whether you will be able to fall asleep. You want to distract - but only to a certain extent. It's hard not to see how all this relates to my TikTok-in-ed insomnia. The video of the platform is one minute long, up to, many are 15 seconds or less. Each replay until you swipe up to see the next one. I often find myself clicking on users' profiles that are particularly funny to see what else they've posted, or heading down to a hashtag wormhole (hello, #WitchesForBLM). So it's incredibly interactive. Also, the video is as engaging as possible —if it bores you, you can swipe through it for a second until you find content that attracts your attention. On the other side, my reddit is interactive, but on the 1-10 attractive spectrum, it's closer to the book than TikTok. It takes a while to scroll around and find a post you want to click on, then you have to read the entire post, then go to the comments - where the most compelling content usually is. Another factor I have to consider, Schneeberg says, is how tired I am. If you're really exhausted, it doesn't matter too much what you watch, she tells me. But if you tend to have trouble sleeping anyway, or you're feeling particularly stressed, remember: Go for activities that require little-to-no interaction, and moderate, but not extremely, fun for you. For me, that means no TikTok before bedtime. Except on weekends. Social media is a great way for your work to see and build an online presence, but with so much content, across so many platforms, it's important to find a way to make your videos stand out. But what can you do differently? The answer isn't as hard as you think — it turns out there are some simple ideas that you can try to help take your video quality to a whole new level. Presented at this year's Adobe Max 2020 conference, filmmaker and content creator Amber Torrealba shared some of the top ideas for creating truly engaging social media videos. And that's all you can do today using the best video editing software and other best video editing. Signing up for Adobe Creative Cloud today Starting a project from scratch can be really overwhelming but the best thing to do is just getting started, Torrealba said. Here are his expert tips for doing it in Adobe Premiere Rush... 01. Make the first 5 seconds countWhen it comes to grabbing Attention, the first five seconds are key, Torrealba advises. Choosing the right clips to tell your story is imperative to keep your audience engaged and have a very short period of time to get that right. Keep viewers on their feet with content they didn't expect, she added. To get the right clips, be sure to have the right devices for you to find the angles you want to tell your story. And make sure to choose the correct frame rate for the platform you're about to share your videos with. Creating a new video from scratch can be a big task, but often we have a lot of assets sitting on a reel that can be reused/used. Not only can these existing content save time, they can also provide your videos with ads for the content you're looking for. Creativity with new camera transitions and motion can make a huge difference to the overall look of the video. Use the footage you've got to stand out in a different way and tell stories through your work, Torrealba said. How to edit videos on TikTok03. Creating the right Mood Lighting makes a difference, and color editing can improve and/or correct your photos, Torrealba said. Creating a style or mood will help your content stand out, and this can be done by experimenting with both color and light. In Adobe Rush, you can save presets that fit your style and apply them to scenes when you want. 04. Use music to choose your good vibeA soundtrack that can make or break a video, so making sure your sound fits your style is very important. Using music to create the right emotions, Torrealba said. The sound effects in between the clips can also be used to attract attention. Adobe Stock has hundreds of tracks that can be licensed and downloaded to Adobe Rush and Premiere Pro. 05. Using title and graphic title and graphics in the video can work wonders to keep the audience engaged, Torrealba said. Subtitles are also a great way to keep people invested in content when there's no sound. But take the time to get it right, work on the position and add effects/motion that will go a long way to making the text more dynamic and interesting for the viewer. Read more: Tim Gionet has been banned from several social media platforms after posting antisemitic and white national memes * Spoilers for this week's episode of The Masked Singer below ** Spoilers for this week's episode of The Masked Singer below * It's not their party anymore: Trump leaves Republicans deeply fracturedThe president has ignited a civil war in his party, creating bitter divisions will be felt for years to come * Trump is isolated and angry ahead of Biden's inauguration the Duke and Duchess of Cambridge took part in a video call this week from Anmer Hall , their Norfolk mansion. But Brighton host Graham Potter is thrilled by the events at Elland Road on Saturday.Two former Obama administration officials have emerged as front-runners for top antitrust work at the US Department of Justice next coming of President-elect Joe Biden, according to two sources with knowledge of the matter. One of the options is Renata Hesse, who has had some time at the Ministry of Justice since 2002 and most recently acting Assistant Attorney General from mid-2016 to January 2017.The Cottagers are five games unbeaten after winning a midweek point against SpursThese luxe and sleekly designed over-ear headphones were also introduced by the borderline Amazon's editor and V-MODA's award-winner Vishine nail gel set is perfect for beginners looking to create their own home nail salon. When Vice President-elect Kamala Harris is sworn in at Wednesday's inauguration, the importance of her historic election will be marked not only in her speech but also in the details. The Vice President-elect will be sworn in by Justice Sonia Sotomayor, a historic first woman. Harris, according to a source with knowledge, told ABC News that the Vice President-elect was inspired by Justice Sotomayor's background. Antonio's fourth goal of the season engulfed Burnley.Serena Williams was in selfie mode and Gerwyn Price showed off her playing skills. Silvia Venturini Fendi offers an upbeat, but cosy collection, for fallIM a new partnership that doubles the market area of sports betting apps, with additional states likely. James Murdoch, the son of Fox News owner Rupert Murdoch, has spoken out against property owners spreading misinformation leading up to the January 6 uprising at the Capitol. In an interview with the Financial Times on Friday, Murdoch said that the attack on the Capitol was a consequence of the disinformation election championed by [...] Opposition candidate Bobi Wine urged people to reject the resultWest Ham failed with a big offer for transfer targets in January David Moyes has confirmed. The club are looking for attacking reinforcements after leaving Sebastian Haller for £22m earlier this month. Michail Antonio was the only striker to be rated, and on Saturday scored the only goal as Burnley were beaten. Elizabeth Olsen enjoys working with director Sam Raimi on the hugely anticipated Marvel doctor strange in the Multiverse Of Madness. The Premier League players again defied the Covid-19 protocol against hugging, just 24 hours after top officials begged them to set a good example. Amid potential government pressure, Richard Masters, the league's chief executive, is now expected to table a final effort to persuade the club to fall into line at a shareholder meeting on Wednesday. The scorers were harassed, albeit briefly, at Molineux, Elland Road and the London Stadium, making West Brom's Sam Allardyce the latest manager to mingle with the rule. We were told for no reason Learning them doesn't celebrate collectively, but it is a symbolic thing, says Allardyce, after the goal in his team's 3-2 win at Wolves caused both hugs and high fives. There's more hugging in at whistle, and the footage also shows Nuno Espirito Santo's side in a pre-match huddle in the dressing room. There was also a gathering among leads players before their 1-0 defeat by Brighton. The players initially retained as Neal Maupay secured the winner but, after the final whistle, many of them accepted. Michael Antonio initially celebrated alone in a back-and-down shot along the pitch after scoring the only goal in West Ham's win over Burnley. However, other teammates moved into the high five and put their arms around him later at the London Stadium. Sources close to the Premier League said there had been progress compared to the midweek celebrations, when no players were detained. However, Allardyce, who has previously called on the league to consider a circuit breaker while covid cases spike, suggests the rule is proving difficult to comply with. It's hard to control your emotions, Allardyce said. They controlled themselves a little bit. You can understand why that [the embrace between the players on the final whistle] happened though. The club has officially been reminded by the league twice in the past two weeks that handshakes, high fives and hugs must be avoided and players should distance themselves whenever possible on and off the field. Nigel Huddleston, the sports minister, waded into the row this week, saying football authorities must enforce them strictly. Responding to the criticism, Allardyce was among several managers who took issue with the government handling the epidemic, saying he had previously peeved that the players had been called irresponsible. We're getting tested two or three times a week, he said. We have independent sterilisers, masks and screens at the training ground making sure we don't do this or that. The government is not about to withdraw elite sporting rights to perform in lock-in but football has been left in no doubt that it is not a privilege it can take for granted. After previous on-field instructions were largely ignored after the Project Restart, the league has been forced to grow its position due to record numbers of infections in recent weeks. Ten days ago, the league issued a list of tough protocols urging teams to show restraint especially when greeting friends on opposition teams. They warned clubs that they should avoid unnecessary contact at all times including handshakes and hugs between opposition teams. Other new guidelines include wearing masks on the bench, spot checks on dressing rooms and team buses to ensure measures away from society are being followed. However, after the hugging rule was ignored in midweek, on Friday, Masters told the BBC before Saturday's launch: The players get it. They know we are asking them now again to adjust their behaviour on the pitch, in goal celebrations and around the head and Match. We ask them to adapt and understand why you must follow the rules you have to set a good example. Between December 28 and January 3, 40 Premier League players and club staff tested positive for coronavirus - more than double the previous weekly high. High.

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