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The Scientific Guide to Ideal Sleep



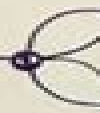
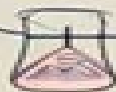
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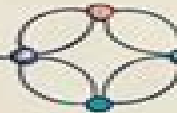
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The Path to Healthy Sleep
Balancing Body and Mind through Sleep

Sleep A Scientific Perspective

**Marvin Meier Schuster, Michael D.
Crowell, Kenneth L. Koch**



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