

TIPS FOR HEALTHY SLEEP

✗ NO



HEAVY FOOD



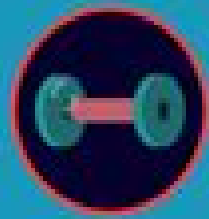
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ALCOHOL, SMOKING



CAFFEINE



HARD TRAINING



STRESS

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SETUP AT THE SAME TIME



EVENING WEAR



COMFORTABLE BED



COOL AND DARK ROOM



BEDTIME ROUTINE



RELAXING BATH

Sleeping Habits

JR Anderson



Sleeping Habits:

Sleeping Habits Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Sleeping Habits**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://archive.kdd.org/data/uploaded-files/default.aspx/Supporting_Lifelong_Learning_Vol_2_Organising_Learning.pdf

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