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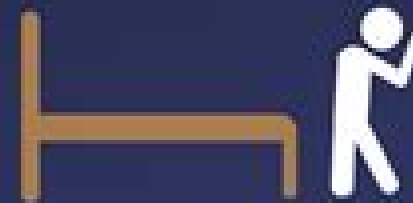


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BE WELL**

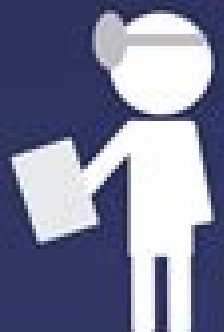


MONDAY-SUNDAY

**KEEP A CONSISTENT
SLEEP SCHEDULE**



**SEEK HELP FOR
POOR SLEEP**



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Sleep Well Sleep Deep How Sleeping Well Can Change Your Life

Rachel Sandford



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