

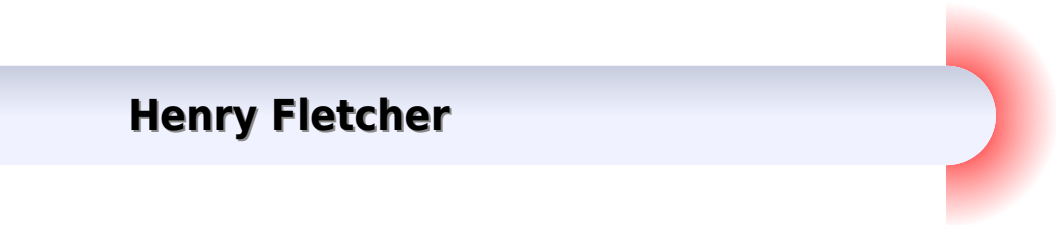
Sleep Optimization:



Sleep-ish
Ideas For
A Good
Night's
Rest

Sleep Optimization Ideas

Henry Fletcher



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