



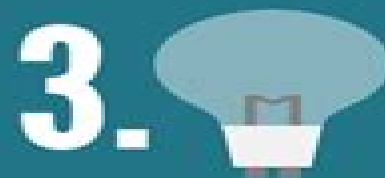
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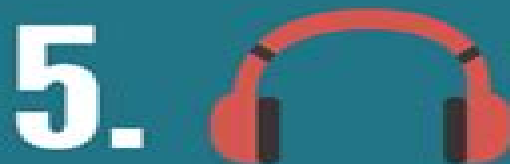
Exercise



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No bedtime snacks



Reduce noise



Comfy sleep essentials

# How To Sleep Well How To Sleep Well

**Brendan G. Carr**



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