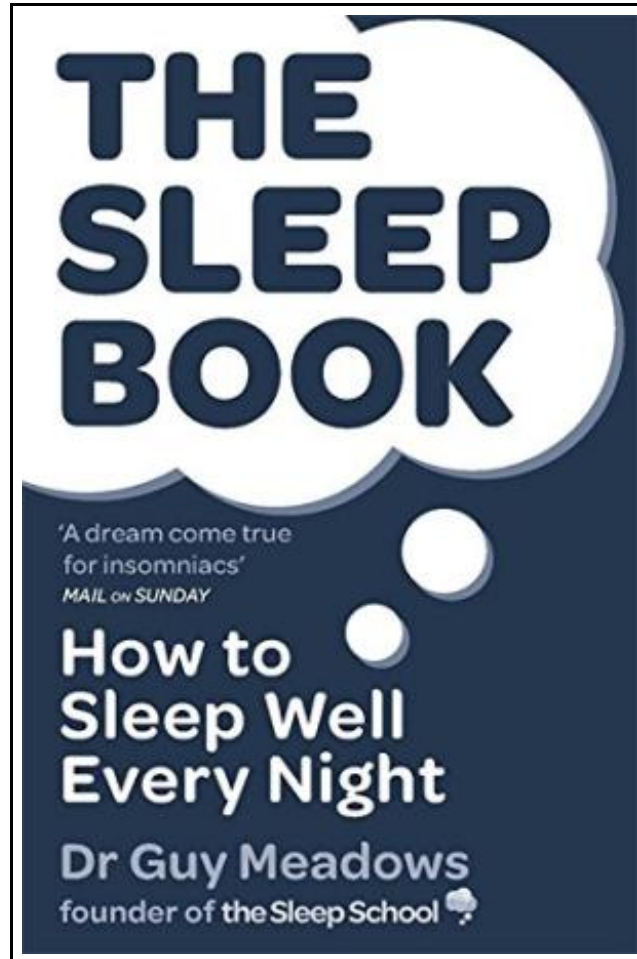


## The Sleep Book: How to Sleep Well Every Night



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