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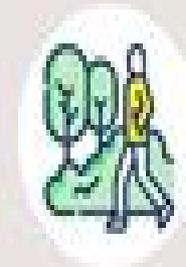
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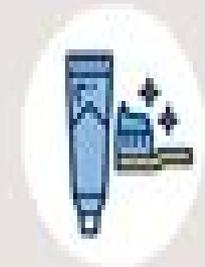
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# Expert Sleep Hygiene Tips 2025 For Workers

**JL Elias**



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