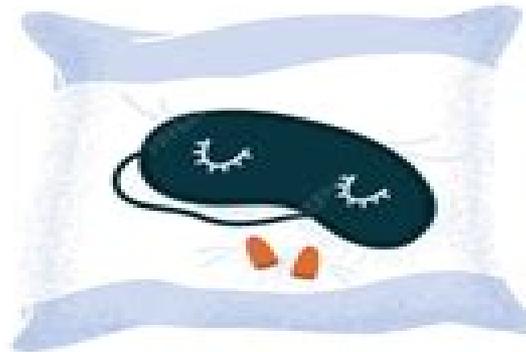


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# Expert Sleep Hygiene Tips For Moms For Experts

**Zhe Xu**



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