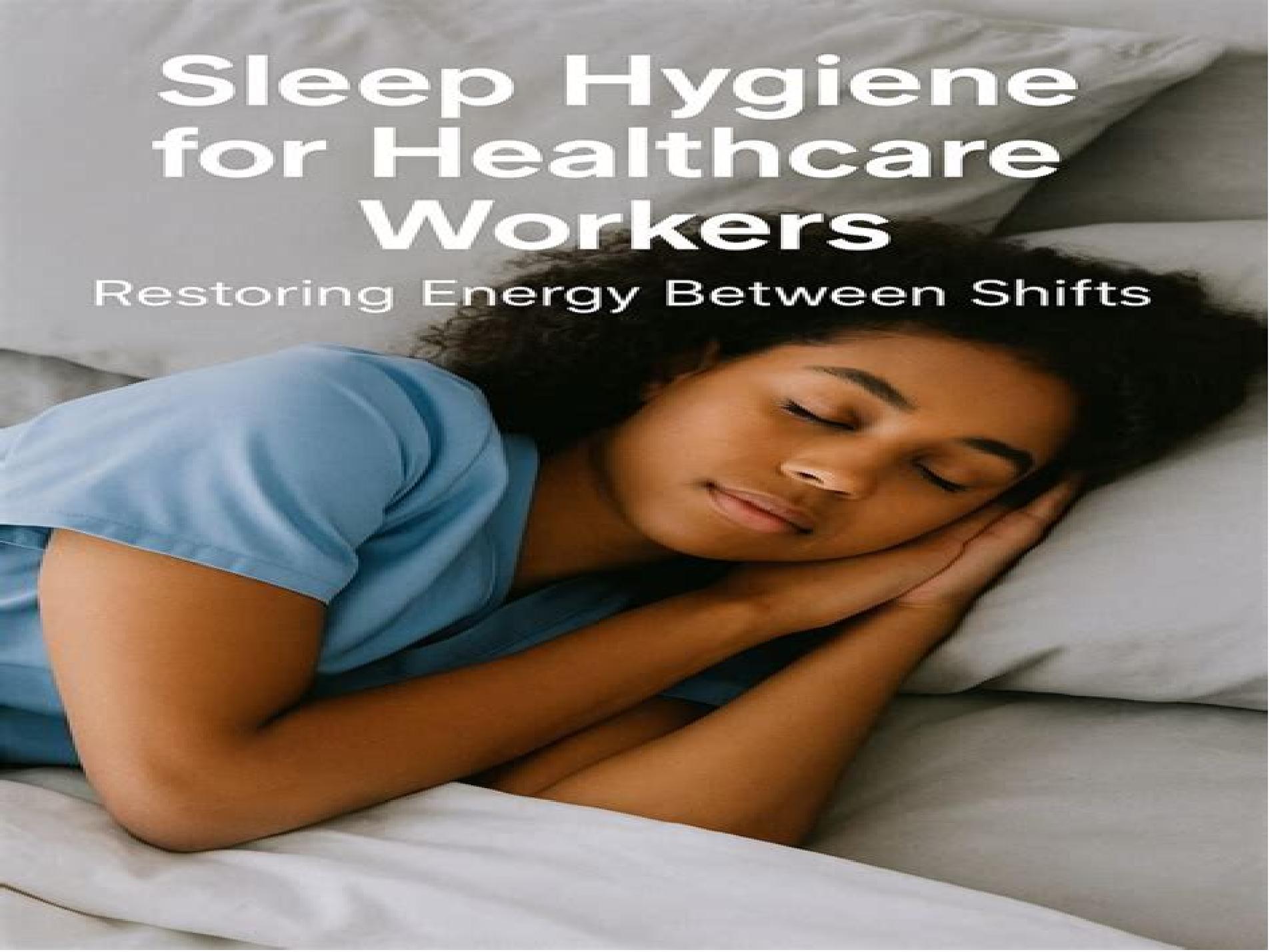


# Sleep Hygiene for Healthcare Workers

Restoring Energy Between Shifts



# Why Sleep Hygiene Tips Guide For Workers

**Yicheng Fang**



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