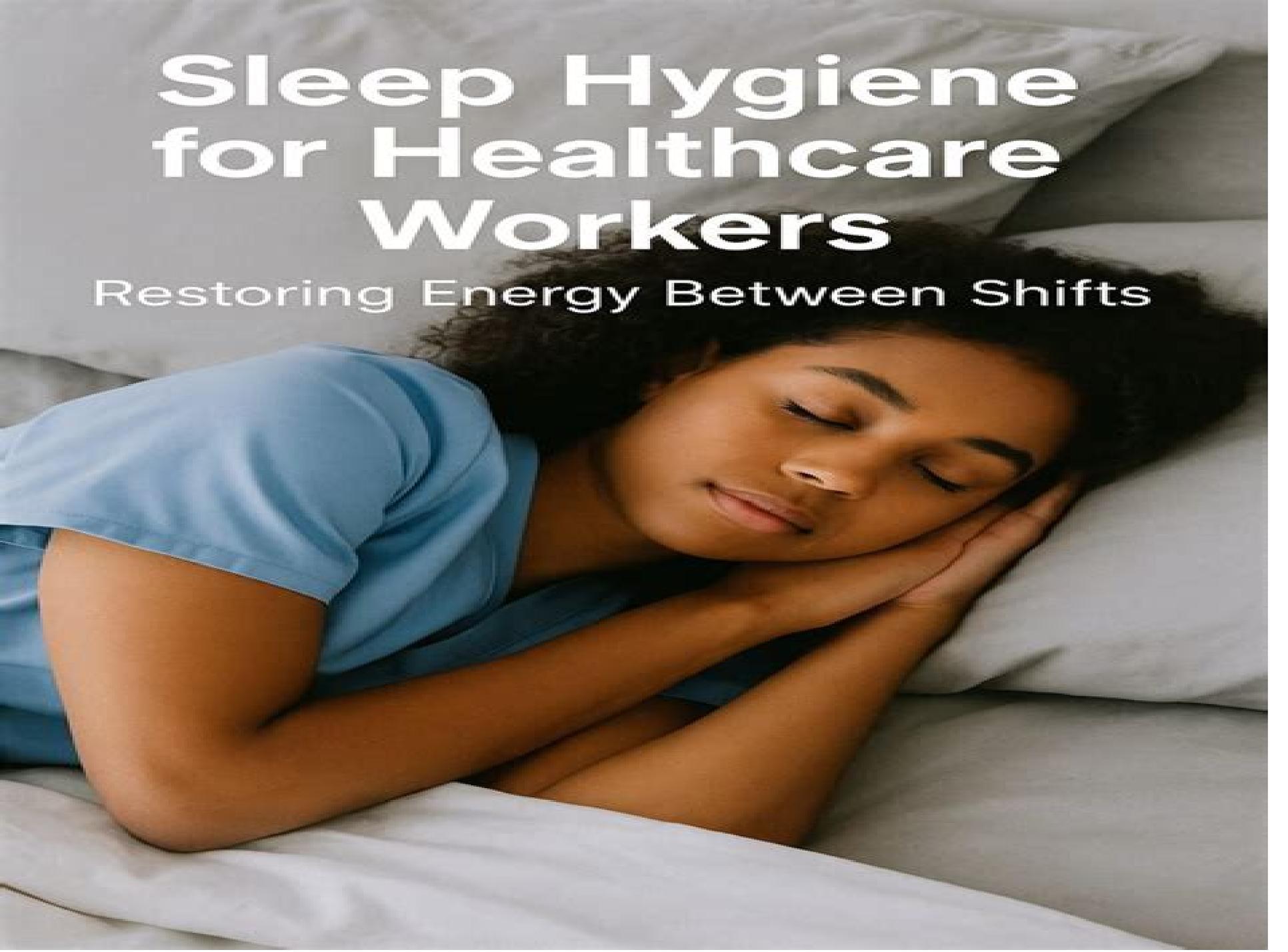


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Restoring Energy Between Shifts



Why Sleep Hygiene Tips 2025 For Workers

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