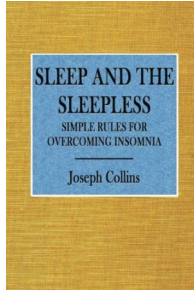


## Sleep and the Sleepless: Simple Rules for Overcoming Insomnia



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