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Sleep Wikipedia

Awakening can mean the end of sleep, or simply a moment to survey the environment and readjust body position before falling back asleep. Sleepers typically awaken soon after the end of a REM phase or sometimes in the middle of REM.

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The Tempest Entire Play

ACT I SCENE I. On a ship at sea: a tempestuous noise of thunder and lightning heard. Enter a Master and a Boatswain. Master Boatswain! Boatswain Here, master: what cheer?

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How artificial light is wrecking your sleep and what to

A good laugh and a long sleep are the best cures in the doctor's book. Irish Proverb The evidence for the health benefits of adequate, restful sleep is overwhelming. Decades of research has shown that sleeping between 7 and 9 hours per night can relieve stress, reduce the risk of many chronic diseases, improve memory and cognitive function, and may even help with weight loss.

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Sleep Talkin' Man

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