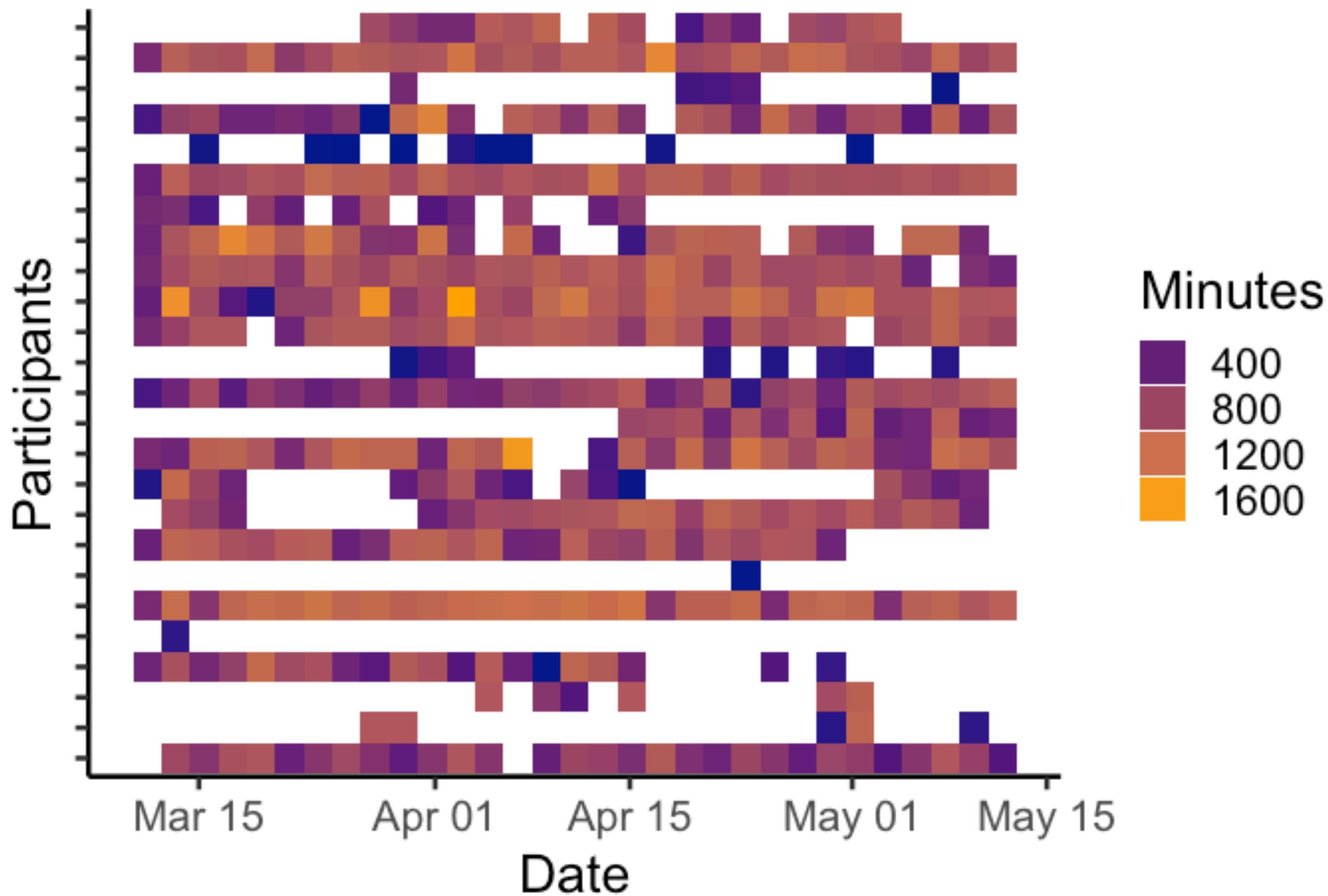


Sleep Quality

(or lack of)



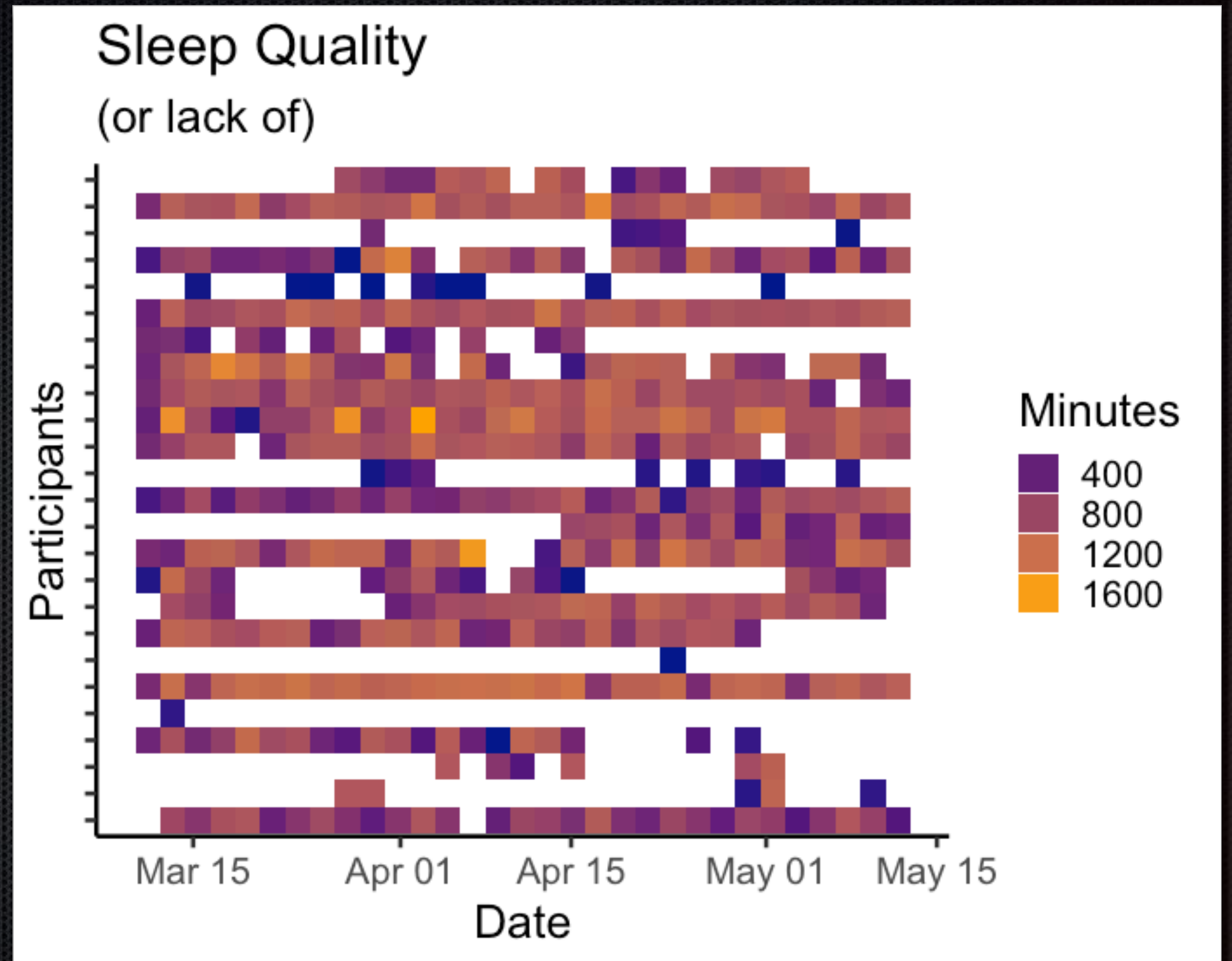
How well
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✧ Average 6-7 hours of sleep a night.

❖ Possible poor quality
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What can we learn from this?