



## How to sleep more soundly – and reduce your dementia risk

BY MICHAEL MOSLEY

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As nine days of walkouts start, Mail probe reveals bosses lining their pockets while ignoring law to provide minimum service

# STRIKE HELL ON TRAINS AS CHIEFS CASH IN



Hannah's  
a Plaza  
Suite treat!

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RAIL chiefs have been pocketing huge bonuses and pay rises despite failing to enforce new laws to minimise the impact of strikes.

None of the 18 operators hit by

### EXCLUSIVE

By Richard Marsden, David Churchill and Harriet Line

nine days of walkouts by train drivers from today is implementing the requirement to provide at least 40 per cent of

normal services. It means the industrial action, which includes an overtime ban, will cause yet more misery for passengers.

Tory MP Sir Iain Duncan Smith accused rail bosses of 'rank cowardice', saying: 'If the law is there, then you use it. All the public want

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Opening night: Hannah Waddingham yesterday