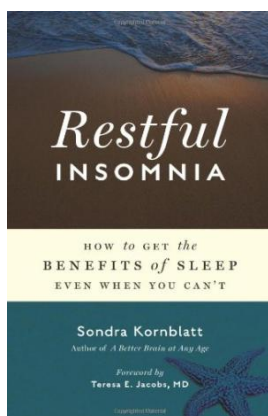


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# RESTFUL INSOMNIA: HOW TO GET THE BENEFITS OF SLEEP EVEN WHEN YOU CAN'T



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