

A woman with long, wavy red hair is shown from the chest up, resting her head against the back of a wooden chair. She is wearing a grey, textured knit sweater. Her eyes are closed or looking down, and her expression suggests fatigue or stress. The background is blurred, showing what appears to be a desk or table with some papers and a pen. The overall lighting is soft and warm.

FIVE SLEEP HACKS
**TO MAXIMISE
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