

A person is lying in bed, covered by a white, wrinkled sheet. Their hands are clasped together on their chest. A smartphone is placed on the sheet, just above their hands. The phone's screen is lit up and shows a social media feed with various posts and images. The overall lighting is soft and slightly dim, suggesting a nighttime or early morning setting.

# 11 SLEEP HACKS

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# Sleep Hacks This Week Tutorial

**Rudyard Kipling**



## **Sleep Hacks This Week Tutorial:**

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