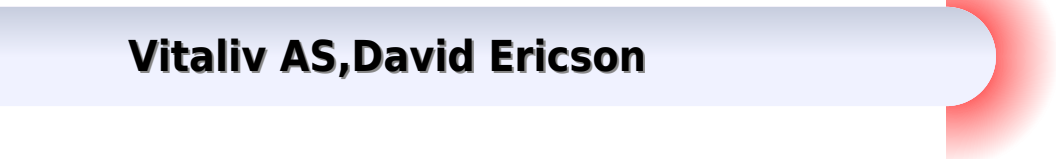


A woman with brown hair is sleeping peacefully in a bed. She is wearing a white t-shirt and is covered up to her chest with a white blanket. Her head is resting on a large, light-colored pillow. The bed has white linens. In the background, there is a window with light-colored curtains and a green plant. The image is framed with a green geometric overlay on the left side, which contains the text.

ESSENTIAL SLEEP HACKS FOR QUALITY REST

Sleep Hacks Tips Setup

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