

A woman with brown hair is sleeping peacefully in a bed. She is wearing a white t-shirt and is covered with a white blanket. Her head is resting on a white pillow, and her arms are crossed over her chest. The bed has white linens. In the background, there is a white wall and a green plant. The image is framed by a green geometric shape on the left and bottom, with yellow diagonal lines.

ESSENTIAL SLEEP HACKS FOR QUALITY REST

Sleep Hacks Tips Setup

Dave Mabe

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

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