

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 blue and white patterned knit sweater. Her eyes are closed, and her expression is one of exhaustion 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 warm and soft.

FIVE SLEEP HACKS
**TO MAXIMISE
PERFORMANCE**

Sleep Hacks This Month Login

Roger A. Grimes



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