

Sleep Optimization:

A woman with long dark hair is lying on her side on a bed with white linens. She is looking down and to the right with a thoughtful expression. Her hands are resting on the pillow behind her head. The background is a soft, out-of-focus white.

Sleep-ish
Ideas For
A Good
Night's
Rest

Sleep Optimization Ideas

Daniel F McAuley



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mitch lists the occasional physical tasks he was required to perform such as adjusting

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