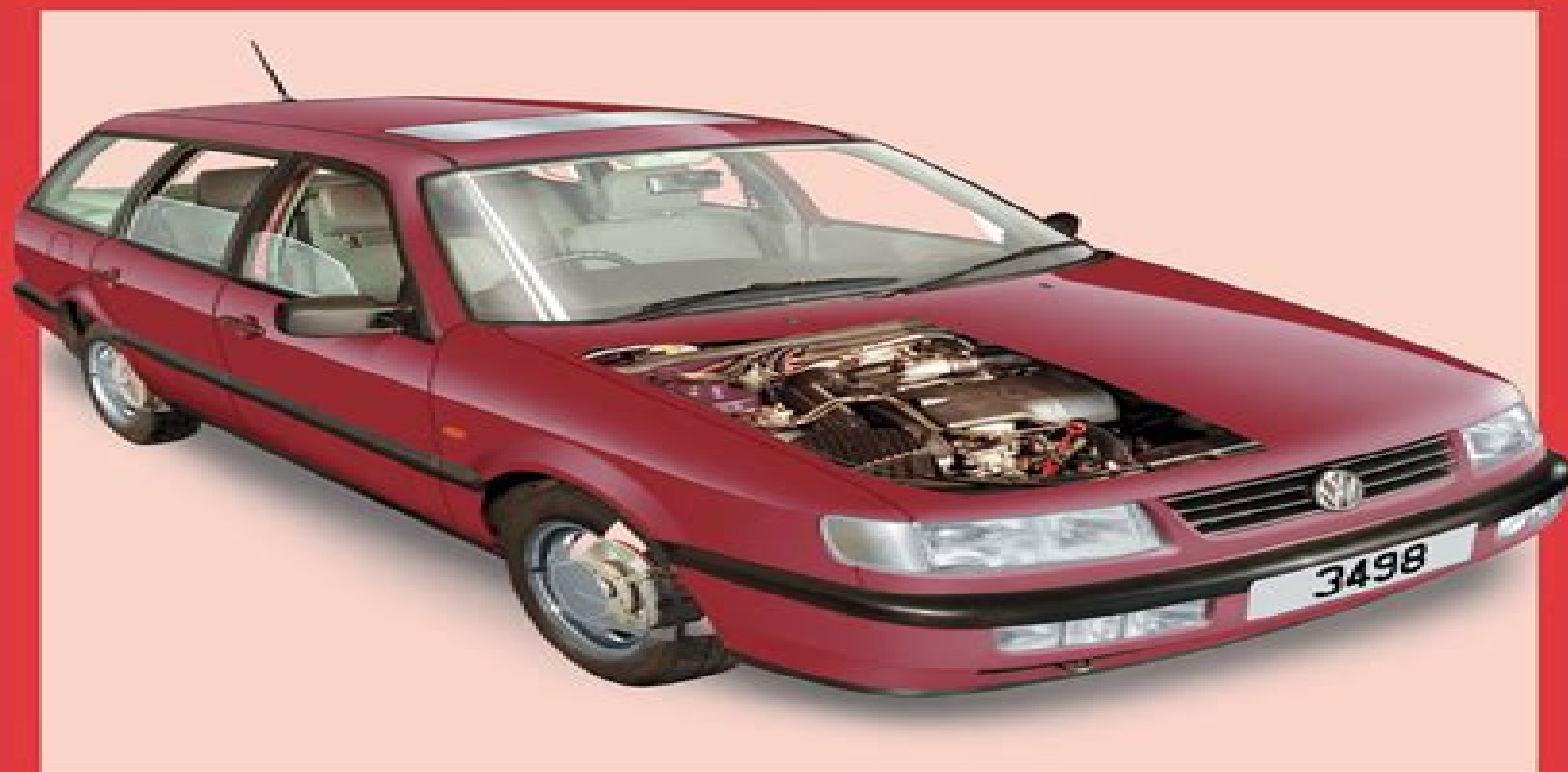


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web jun 27 2023 *most adults should get between seven and nine hours of sleep each night while sleeping the body performs a number of repairing and maintaining processes that affect nearly every part of the body as a result a good night s sleep or a lack of sleep can impact the body both mentally and physically*

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web apr 29 2020 *carving out time for rest is critical some of the most common emotional and behavioral challenges stress anxiety and depression are closely connected to sleep shortchange the circadian clock*