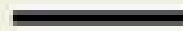
A close-up photograph of a man with a beard and mustache sleeping peacefully on a striped pillow. His eyes are closed, and his expression is relaxed. The background is slightly blurred, showing more of the pillow and the man's head.

# **WHY SLEEP HYGIENE IS IMPORTANT**



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# Good Sleep Is Essential What Is Sleep Hygiene

**Xiang Xie**



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