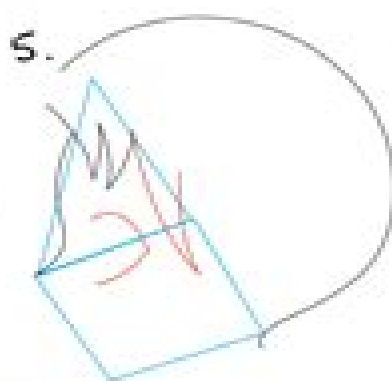
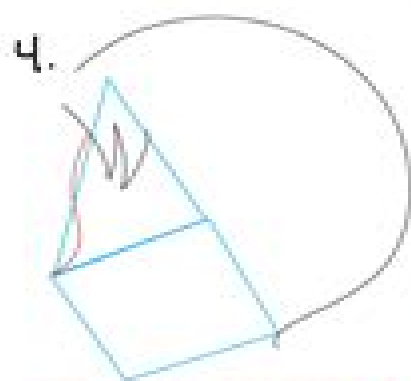
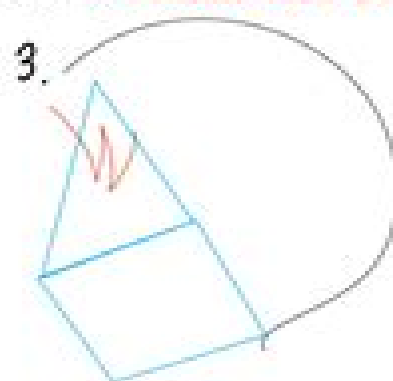
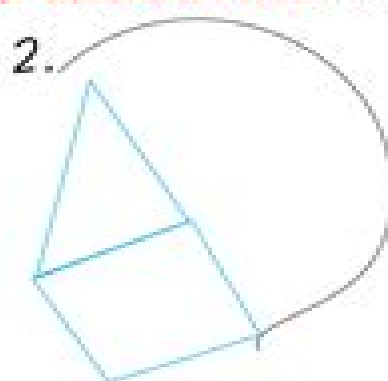
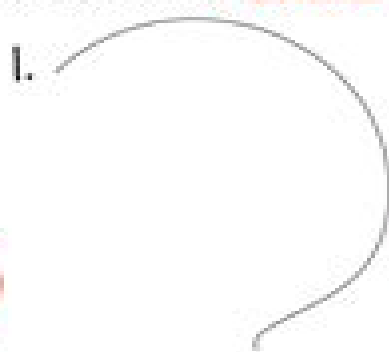




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web apr 29 2020 carving out time for rest is critical some of the most common emotional and behavioral challenges stress anxiety and depression are closely connected to sleep shortchange the circadian clock