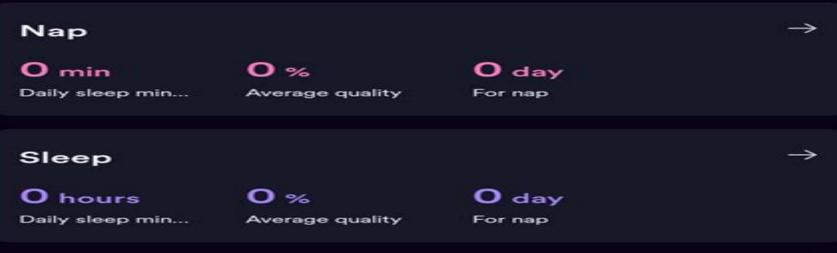
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Sleep Optimization Manual

Nathaniel F. Watson, Bradley V. Vaughn

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