

A close-up photograph of a person's hand holding a smartphone horizontally. The phone's screen displays a sleep tracking application with a grid of small thumbnail images. The person is lying in bed, with white and green patterned bedding visible. The lighting is soft and warm.

# 11 SLEEP HACKS

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# Sleep Hacks This Week Tutorial

**S Ashworth**

## **Sleep Hacks This Week Tutorial:**

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