

A person is lying in bed, covered by a white sheet. A smartphone is placed on their chest, displaying a social media feed. The person's hand is visible near the phone. The background is a dark, textured surface.

# 11 SLEEP HACKS

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# Sleep Hacks This Week Tutorial

**Ying Liu**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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