

A person is lying in bed, covered by a white, wrinkled sheet. Their hands are clasped together on their chest. A smartphone is placed on the sheet, just below their hands. The phone's screen is lit up and shows a social media feed with various posts and images. The overall lighting is soft and slightly dim, suggesting a nighttime or indoor setting.

11 SLEEP HACKS

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Brendan G. Carr

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

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