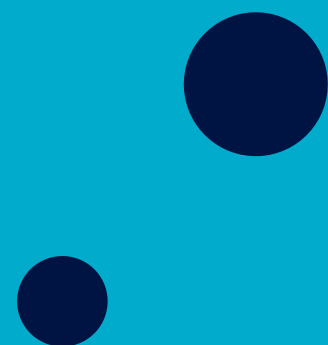


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A good diet  
and exercise  
improves sleep.