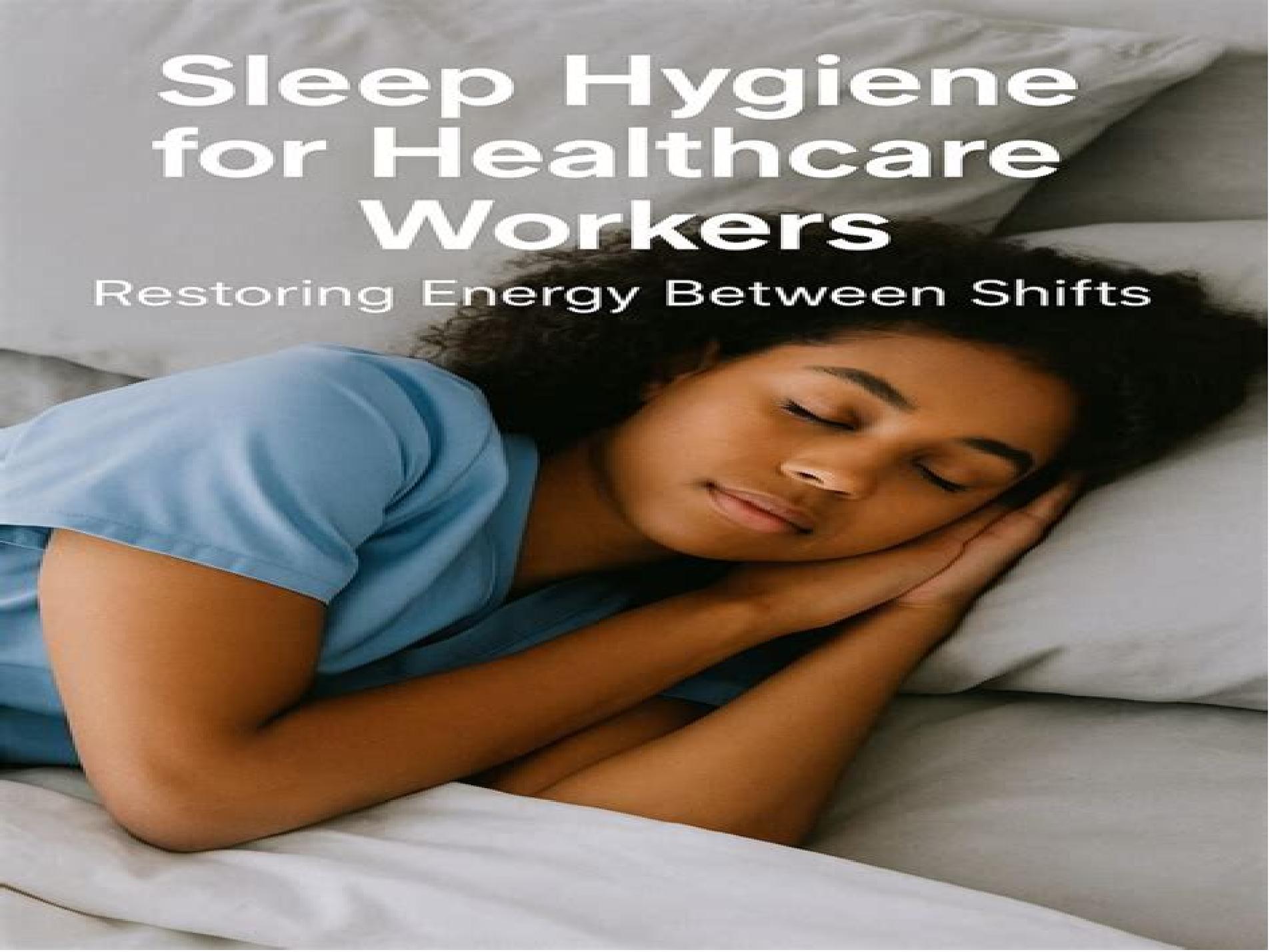


# Sleep Hygiene for Healthcare Workers

Restoring Energy Between Shifts



# Pro Sleep Hygiene Tips 2025 For Workers

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