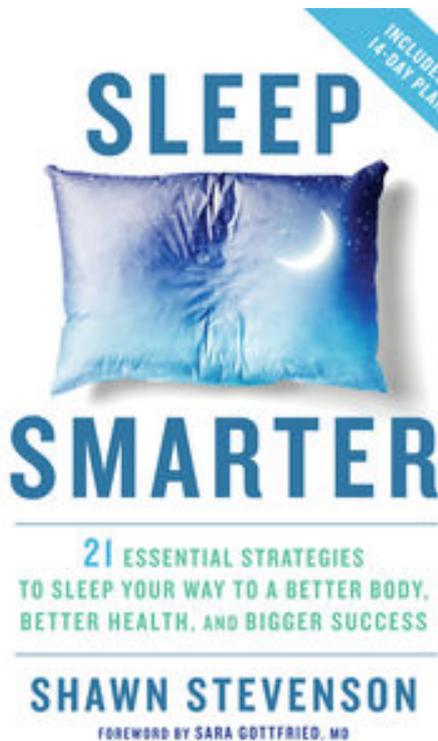


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In *Sleep Smarter*, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover, you'll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and

supplements you need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp.

Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.

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