

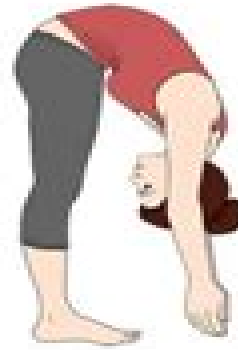
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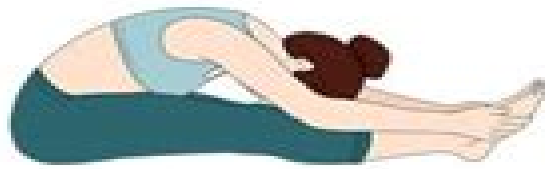
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 - Chapter 2: Essential Elements of Sleep Hacks Yoga For Beginners Top
 - Chapter 3: Sleep Hacks Yoga For Beginners Top in Everyday Life
 - Chapter 4: Sleep Hacks Yoga For Beginners Top in Specific Contexts
 - Chapter 5: Conclusion
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