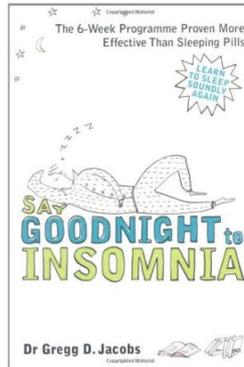


## Say Goodnight to Insomnia: A Drug-free Programme Developed at Harvard Medical School



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