Hosted by World Sleep Society

World Sleep Day®

Sleep Well
Live Better

March 13, 2026

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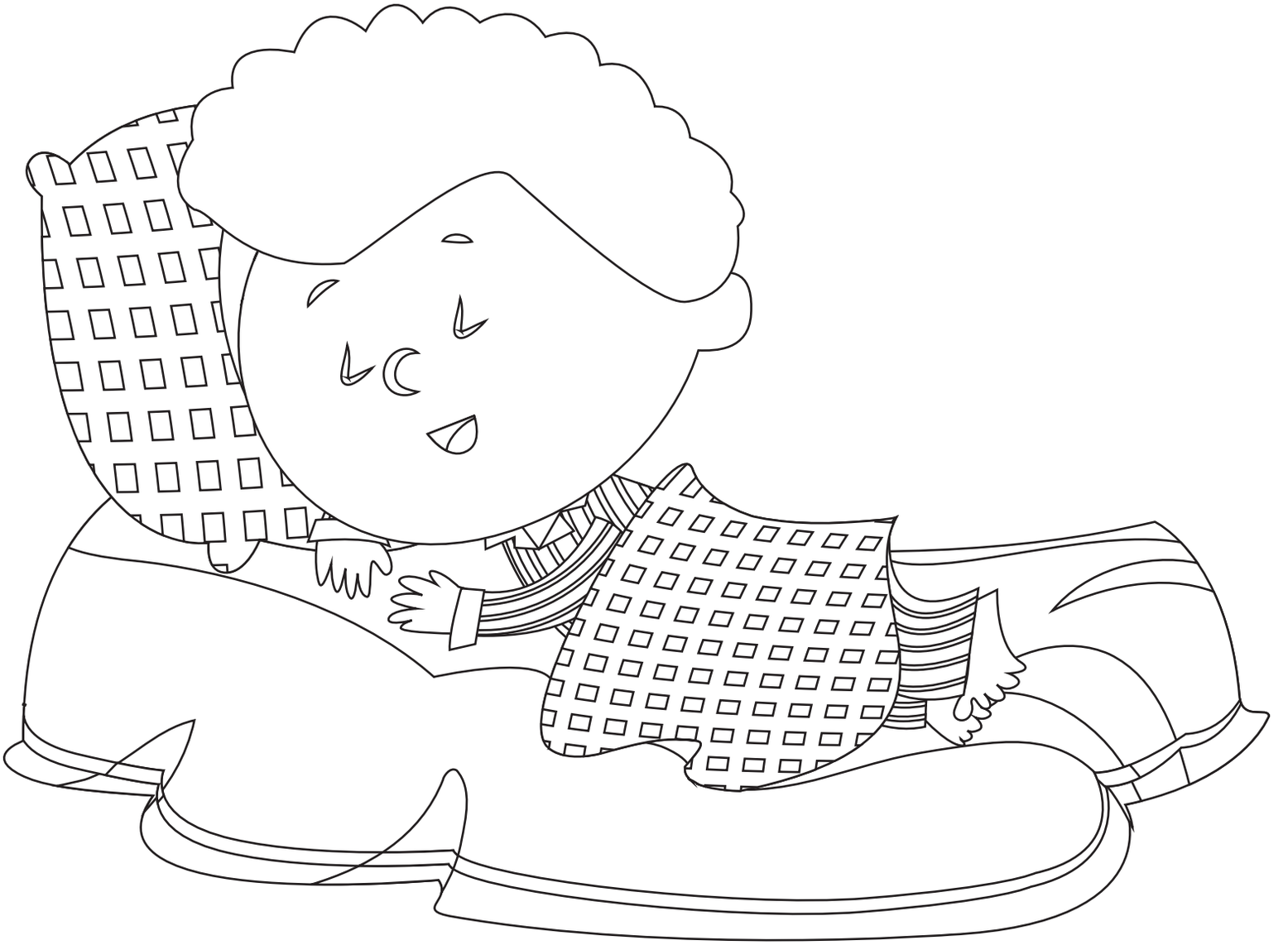

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