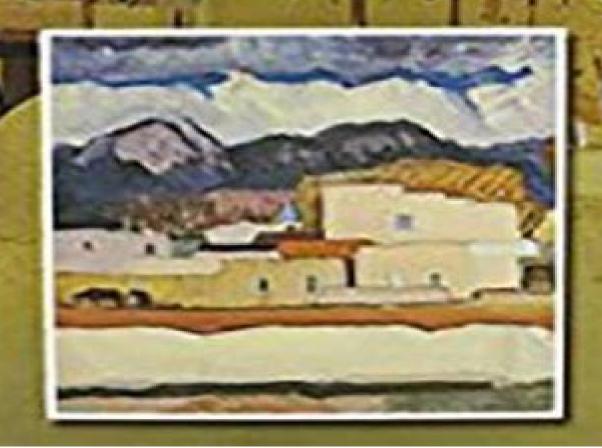


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sleep and tiredness reasons why you might feel tired and advice about what you can do to prevent tiredness