

A woman with long, wavy red hair is leaning her head against the back of a wooden chair. She is wearing a blue, textured knit sweater. Her eyes are closed or looking down, and she has a thoughtful or tired expression. The background is slightly blurred, showing what appears to be a desk or table with some papers or books. The overall lighting is warm and soft.

FIVE SLEEP HACKS  
**TO MAXIMISE  
PERFORMANCE**

# Sleep Hacks Today Login

**RJ Shavelson**



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