

A woman with dark hair is sleeping peacefully in a bed. She is wearing a white top and is tucked under a white blanket. The bed has white pillows and a white sheet. The background is a soft, out-of-focus blue. The text "How Sleep Works: Sleep Phases and Stages" is overlaid in the center of the image in a white, sans-serif font.

How Sleep Works: Sleep Phases and Stages

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