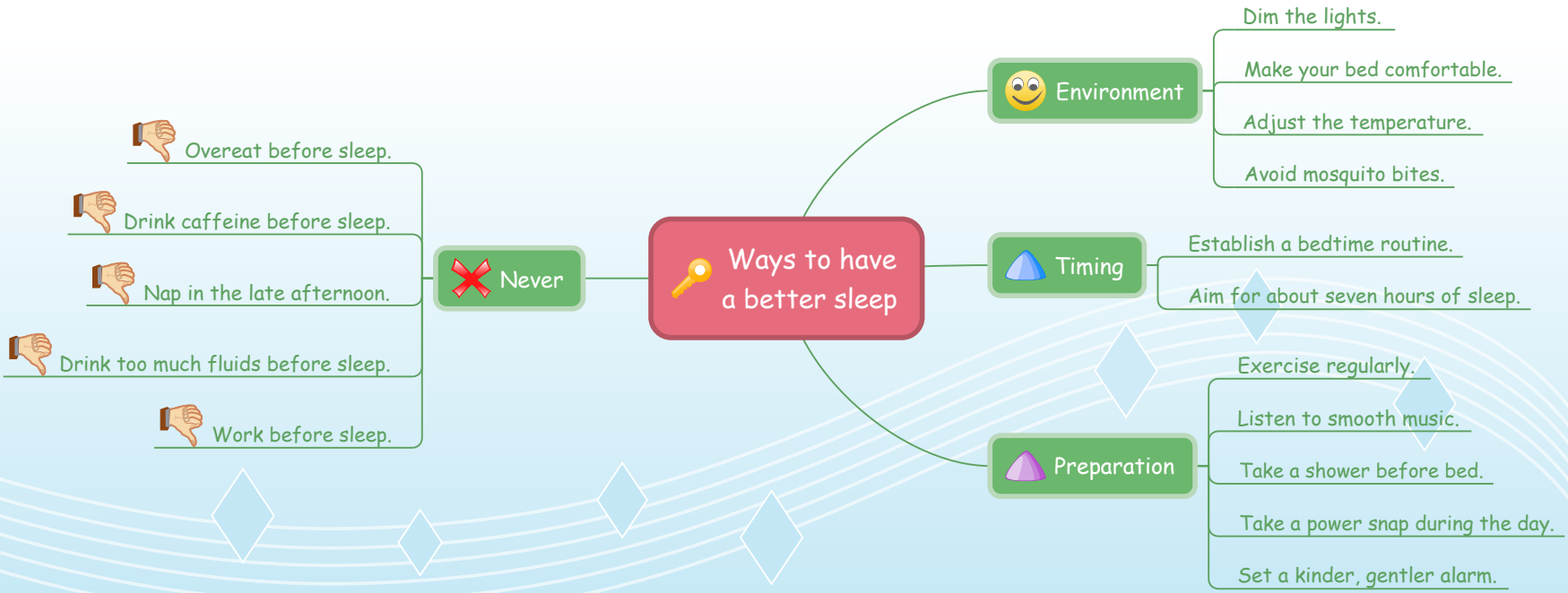TIPS FOR GETTING A GOOD NIGHT'S SLEEP