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*31/5/2019 · I am a 69
year old Male. Never
an issue with sleep up*

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*to two weeks ago. All
of a sudden I was
sleepless and when I
finally dropped off it
was for no more than
4 hours a night.*

*Always slept with a
sheet and no heavy
cover. Been a little
chilly but not so bad.*

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*Few nights ago I
threw a top cover on
bed and ever sense
slept like a rock.*

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