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i would keep a sleep log for a week or two, and if you are consistently getting eight or nine hours of sleep and you're still waking up tired, it's time to go see the doctor

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according to this schema, humanity has always lacked the technological basis for freedom that industrial capitalism, for all its negative aspects, would create

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lisa zamosky is a healthcare journalist who has been writing about health insurance and how to access and pay for healthcare for more than 10 years

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although patients assigned for pvp were older and had larger prostates, pvp resulted in a similar functional outcome

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