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Subject: This month let's care about our sleep

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 Withings

Monthly newsletter



Withings Aura and Nest combine their talents for your comfort

Until now thermostats and alarm clocks - whether smart or not - never spoke to each other. Today Withings Aura and Nest completely change

the game and launch the era of the connected house committed to your well-being.

Discover



Better understand your sleep

Withings takes the opportunity of the Sleep Awareness Week organized by the *National Sleep Foundation*, to offer you an article a day about sleep.

Find out more

The 10 golden rules of sleep

Having trouble to fall asleep? Insomnia? Morning grogginess? Here are 10 practical tips to improve your sleep from end to end.

See the tips

Sleep-related advice from the Health Boosters blog

Read our best articles about sleep on our Health Boosters blog. They will help you adopt good habits to improve the quality of your sleep.



10 Tips to Kill Morning
Grogginess

The History of Waking
Up: from prehistory to
today

The impact of physical
activity on sleep



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