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The effect of watching OTT late at night on the sleep pattern of users

At what time do you watch movies? : r/Letterboxd - Reddit

Health Benefits of Watching Movies - DoveMed

Should you watch TV before bed? 5 impacts on your sleep

Why Do We All Still Watch TV Before Bed? | Sleep Foundation

Can Movies Help You Become a Better Person? - Greater Good

How to Pick the Best Time to Go to the Movies: A Fun Guide

Why watching a movie could improve wellbeing - UCL

The Mental Health Benefits of Movie Nights: A Scientific Perspective

Watching Movies for Your Mental Health | Psych Central

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