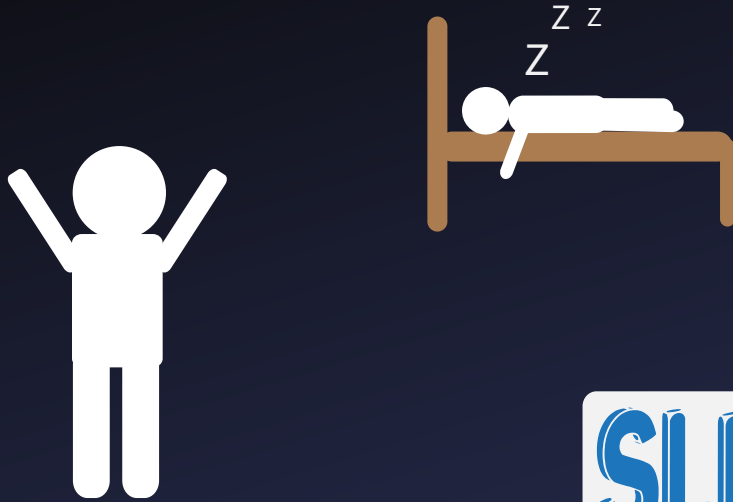


NATIONAL HEALTHY SLEEP AWARENESS PROJECT

GET 7 OR MORE HOURS



AVOID BEFORE BED



SLEEP WELL BE WELL



MONDAY-SUNDAY

KEEP A CONSISTENT SLEEP SCHEDULE



SEEK HELP FOR POOR SLEEP



FOR MORE INFORMATION VISIT: WWW.SLEEPEDUCATION.ORG/HEALTHYSLEEP

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