

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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Sleep Well Sleep Deep How Sleeping Well Can Change Your Life

Alex Lukeman



Sleep Well Sleep Deep How Sleeping Well Can Change Your Life:

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