

WESHEEP FACT #1

MOST ADULTS NEED 7.5 TO 9 HOURS OF SLEEP PER NIGHT TO FEEL AWAKE ALL DAY*.



WESHEEP

WESWELL'S

SLEEP HEALTH ENHANCEMENT & EDUCATION PROGRAM

*Maas, J. (1998). *Power Sleep : The Revolutionary Program That Prepares Your Mind for Peak Performance*. New York: Villard Books.