

WESHEEP FACT #3

A WELL RESTED PERSON
TAKES 15 TO 20 MINUTES
TO FALL ASLEEP.*



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.