

4 THINGS THE NUMBER 8 AND SLEEP HAVE IN COMMON

- 1** 8 is the Number of Hours of Sleep you Should be Aiming for Every Day.
- 2** Two 8's is the Limit of Useful Wakefulness; at the 16 Hour Mark you Should be Getting Ready for Sleep.
- 3** Keeping Your Sleep Debt Under 8 Hours will Keep you Healthier, More Productive & Safer.
- 4** Sleeping in Until 8 am is a Wonderful Way to Start a Day!

