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!

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