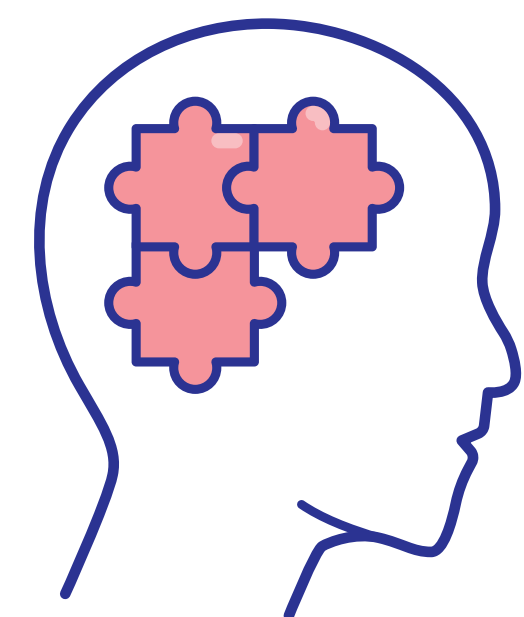


# Benefits of Good Sleep

Get your 10-11 hours of sleep every night to feel your best.  
Benefits include:



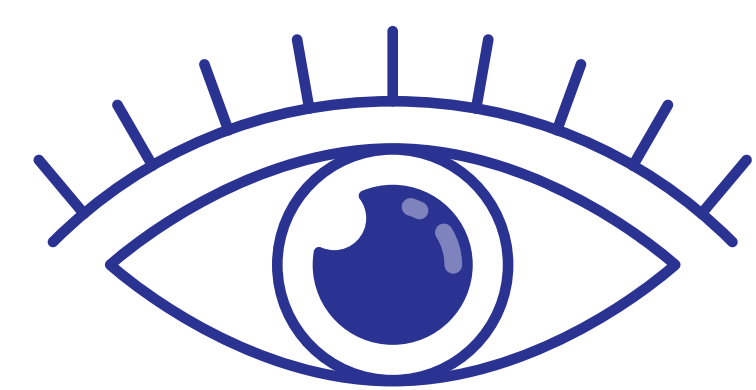
**Better Problem-Solving**



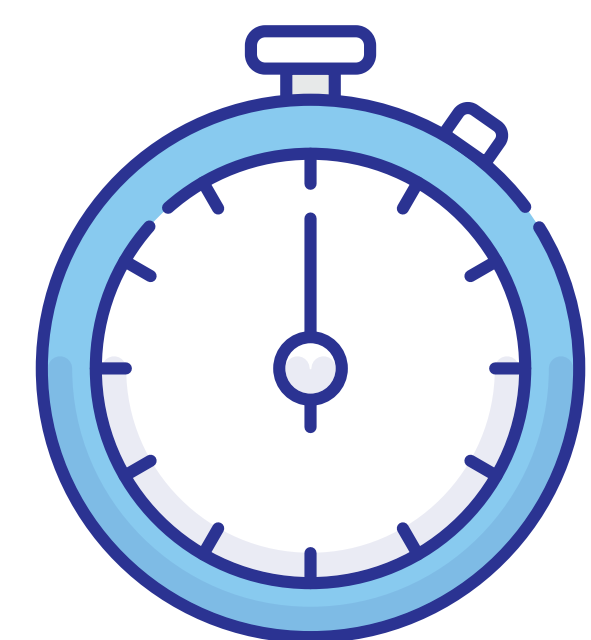
**Improved Mood and Energy**



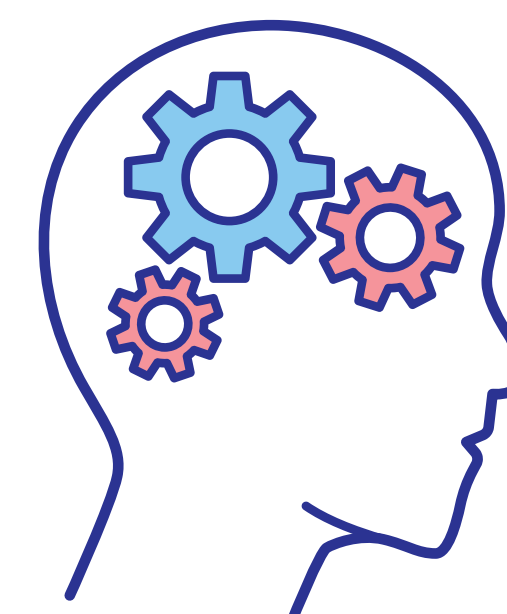
**Better Ability to Build Muscle**



**More Alert**



**Quicker Reflexes**



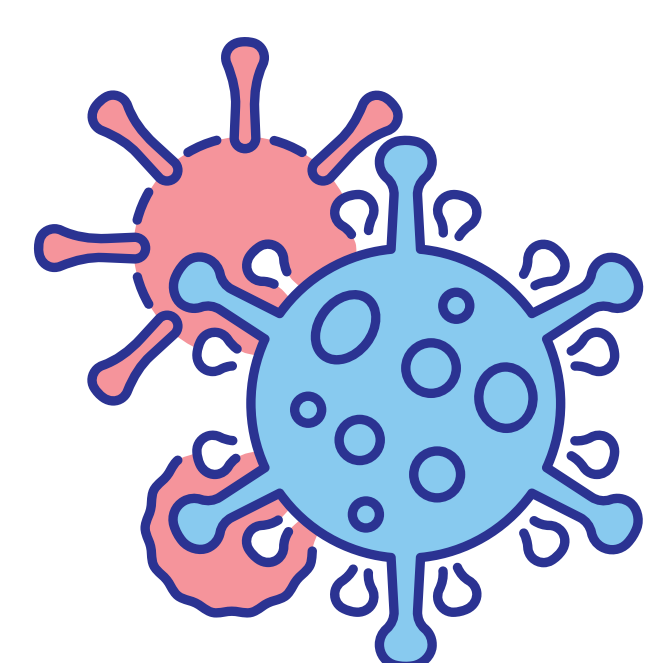
**Improved Memory**



**Better Focus**



**Improved Learning**



**Strong Immune System**



**Healing and Repair of Cells, Tissues and Blood Vessels**

