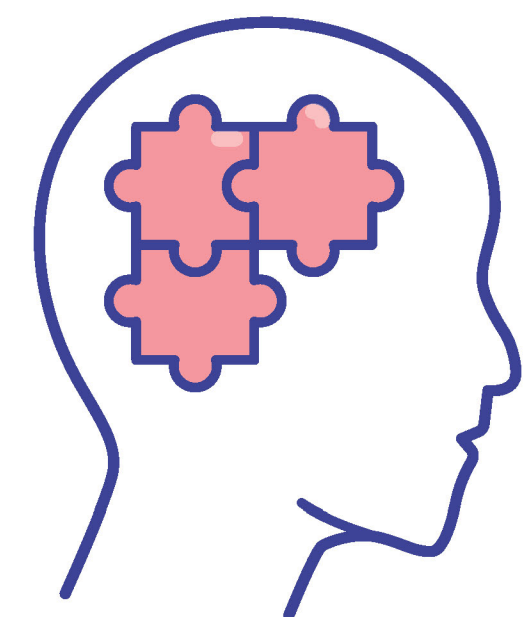
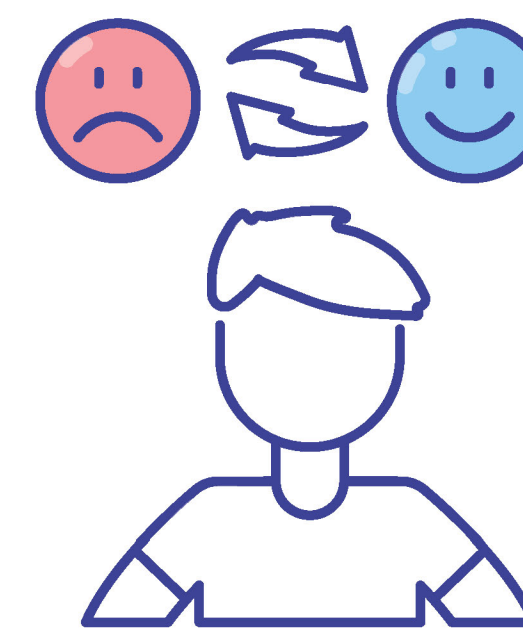


Benefits of Good Sleep

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



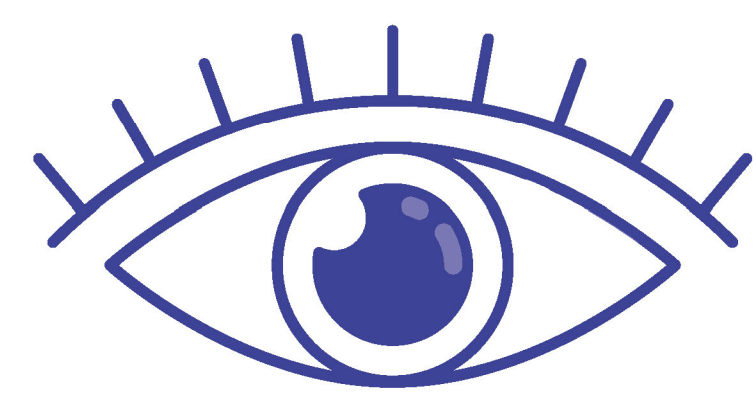
Better Problem-Solving



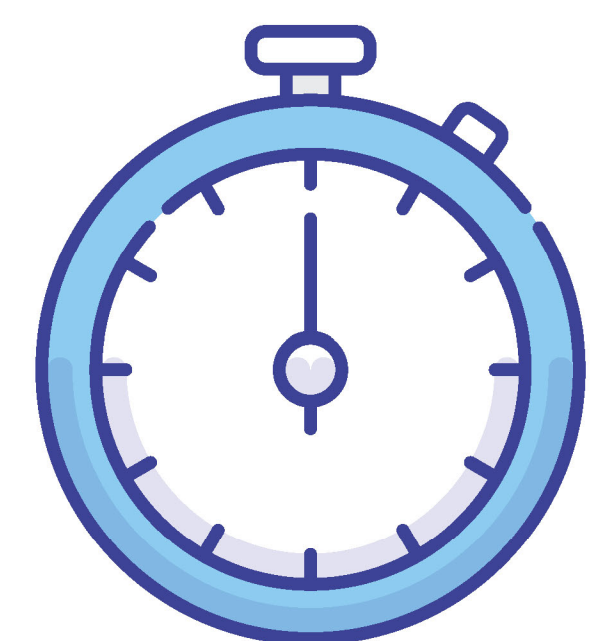
Improved Mood and Energy



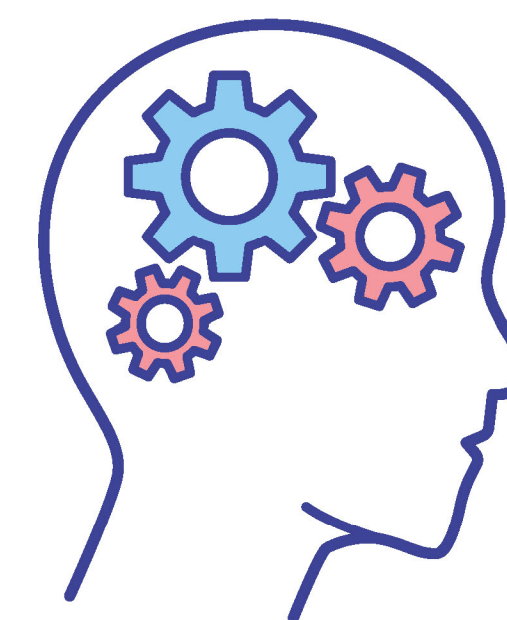
Better Ability to Build Muscle



More Alert



Quicker Reflexes



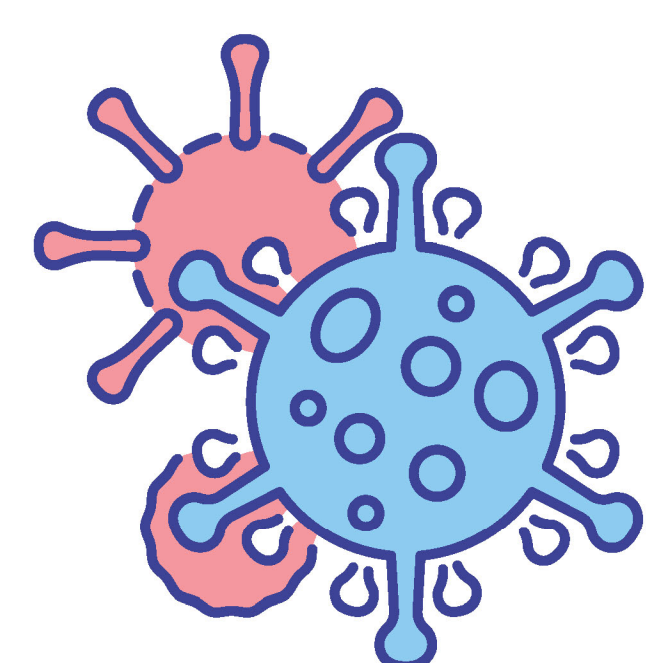
Improved Memory



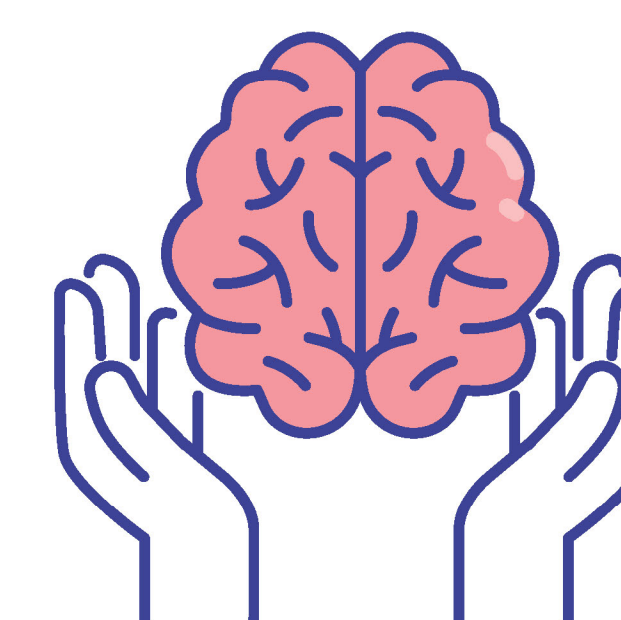
Better Focus



Improved Learning



Strong Immune System



Healing and Repair of Cells, Tissues and Blood Vessels

