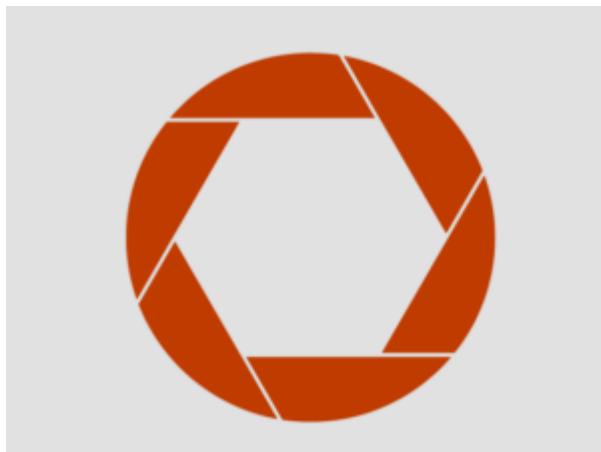
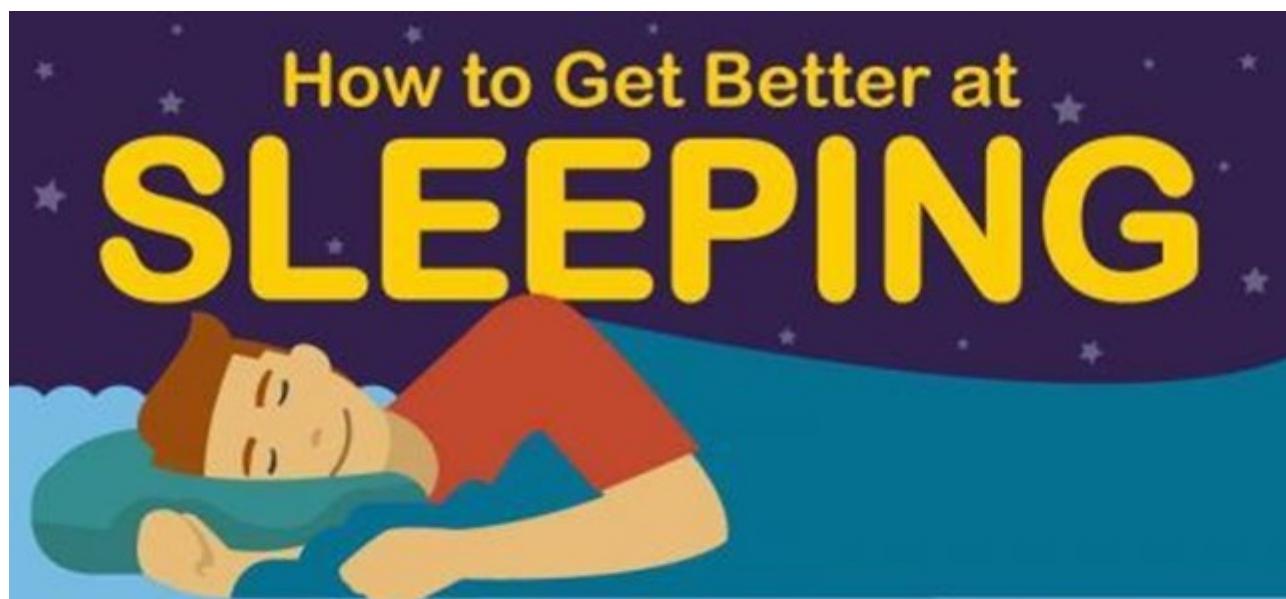


Sleep Infographic



How to Get Better at SLEEPING



Sleep is not a luxury, it's a necessity for optimal functioning of human body and mind. It is known that a good night's sleep is important for health and well-being, yet millions of Americans don't get enough sleep, and many suffer from sleep disorders.



50-70 million Americans



60 percent of Adults report



1/3 Adults are sleepy

Source: <https://elearninginfographics.com/>