

ZZZ



NAPS INCREASE ENERGY AND ALERTNESS WHILE REDUCING STRESS AND THE RISK OF HEART DISEASE.

GET YOUR ZZZZZZZ'S!

SLEEP IS ESSENTIAL FOR HUMAN BEINGS TO SURVIVE



WHEN YOU SLEEP, YOUR BLOOD PRESSURE DROPS. NOT EXPERIENCING THIS NIGHTLY DROP IN PRESSURE IS A RISK FACTOR FOR HEART DISEASE.



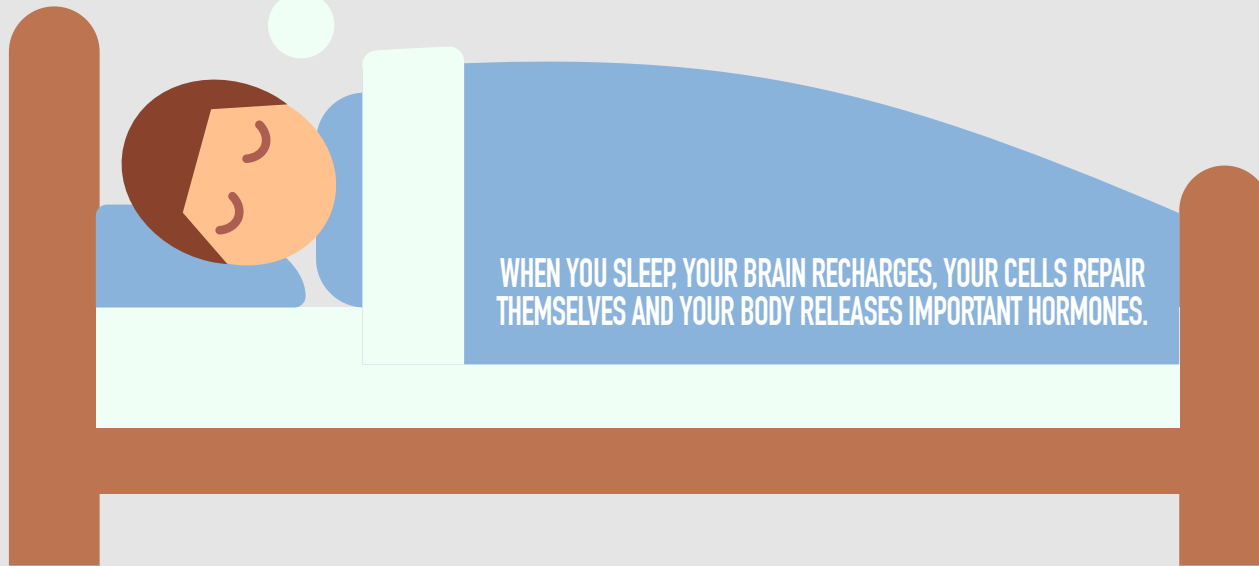
LACK OF SLEEP AMPLIFIES THE BRAIN'S ANTICIPATORY REACTIONS, RAISING OVERALL ANXIETY LEVELS.



THE SAFEST PLACE FOR YOUR BABY TO SLEEP IS WITHIN ARM'S REACH IN THE ROOM WHERE YOU SLEEP, BUT NOT IN YOUR BED.



MOST ADULTS NEED SEVEN TO EIGHT HOURS OF RESTFUL SLEEP PER NIGHT.



South Carolina