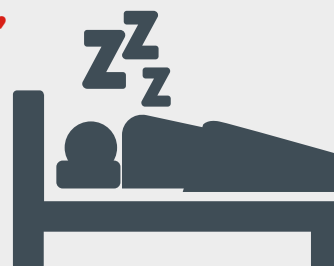


# Good quality **SLEEP** will help you live longer and better

Did you  
know  
that...?

If you **SLEEP WELL**,  
meaning  
enough hours  
and  
restorative sleep



YOU CAN  
LIVE  
UP TO  
**4.7**  
YEARS  
LONGER

By doing all of the following...



**SLEEPING**  
7-8 HOURS A DAY



NOT USING  
**SLEEP MEDICATIONS**



HAVING NO TROUBLE  
**FALLING ASLEEP**  
MORE THAN TWICE A WEEK



**WAKING UP RESTED**  
5 OR MORE DAYS A WEEK



HAVING NO TROUBLE  
**STAYING ASLEEP**  
MORE THAN TWICE A WEEK

...you could add the following years to your life:



WOMEN  
**2.4**



MEN  
**4.7**