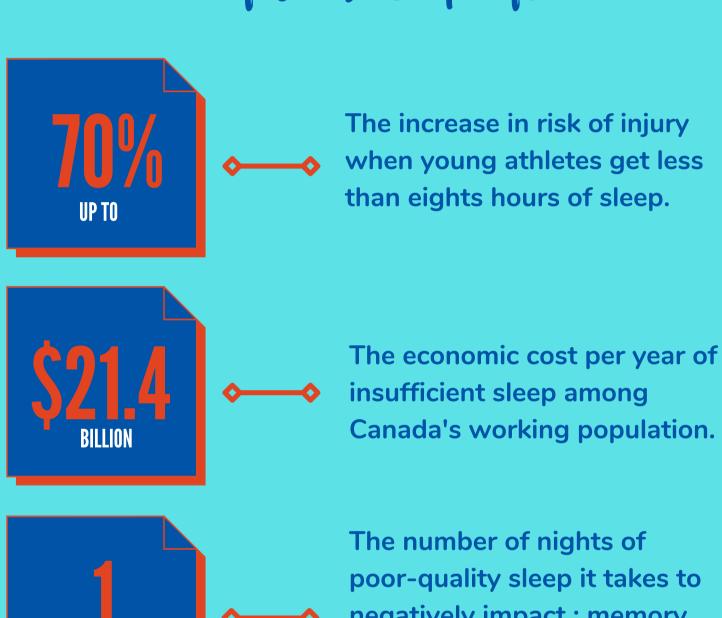


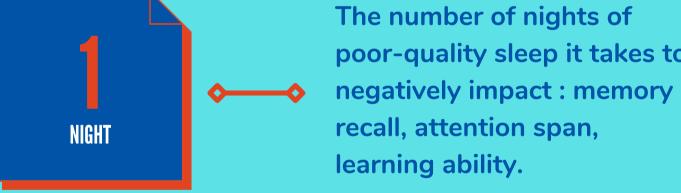
## **WORLD SLEEP DAY**

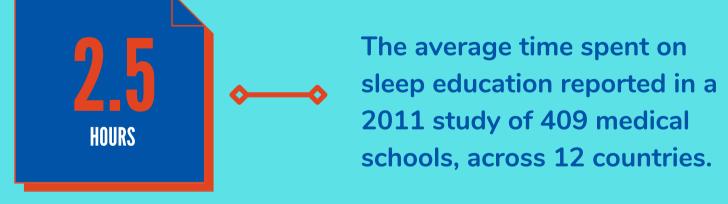
These staggering facts should have everyone starting conversations at work, play, school and home about the importance of sleep. The current culture that glorifies productivity at the cost of the biological necessity of sleep needs to end.

For more great information, check out https://worldsleepday.org and let everyone know:

### Today is World Sleep Day!









WWW.SLEEPANDDREAMS.COM



# World Sleep Day March 19, 2021

### **SOURCES:**

https://www.rand.org/randeurope/resear ch/projects/the-value-of-the-sleepeconomy.html

https://worldsleepday.org/sleep-research

#### Regular Sleep Healthy Future

Werld Sleep Day. MARCH 19, 2021

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organized by the World Sleep Day Committee of the World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.



As one of Canada's top Sleep & Fatigue Specialists, Clinton takes the latest in fatigue science and turns it into practical, implementable solutions that reduce the risk of fatigue and propel the health, safety and productivity of your 24/7 workforce towards excellence.