Babies need 12-17 hours of sleep per day

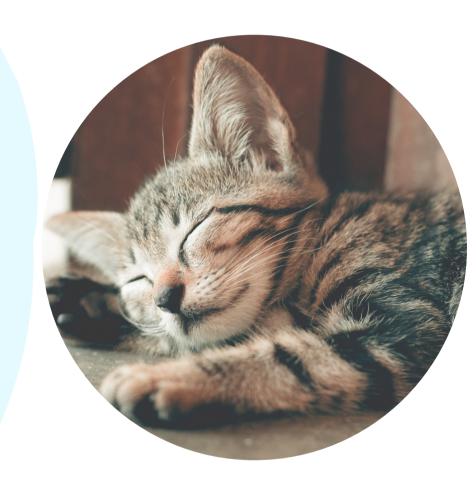


On average we dream 2 hours a night

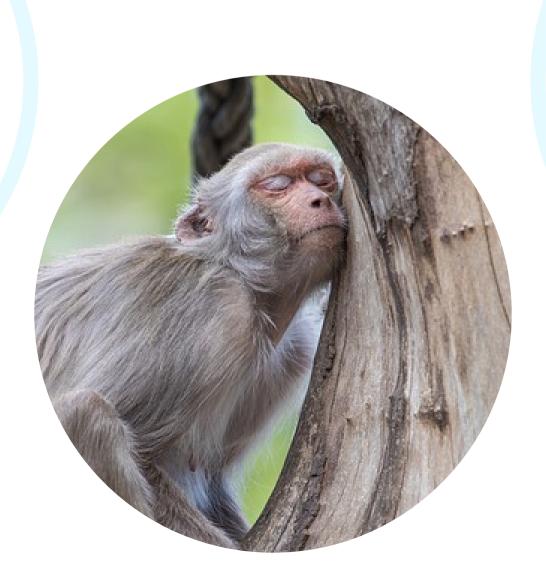


WORLD SLEP DAY

March 18, 2022



During sleep, body temperature drops 1-2°F



Normal sleep periods consist of 4-6 sleep cycles