YOU Need a Good Night's Rest!

111111 9111111 0

12135611 91251111

When you get 8 or more hours of sleep a night... YOU: 2+2 Think better

Get better grades

Ave less mood swings

Make better food choices

(Stay healthier!









Fairfax County Health Department 703-246-2411 • TTY 711 • fairfaxcounty.gov/hd



