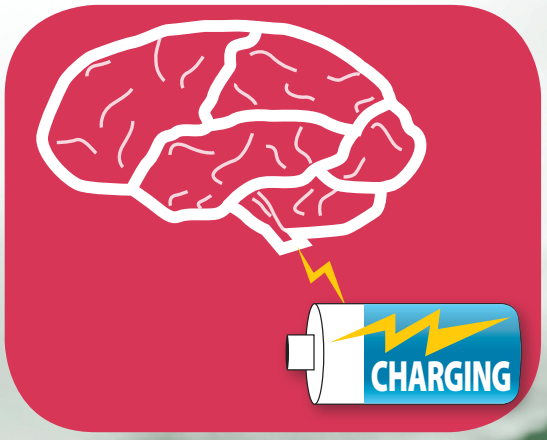
RECHARGE YOUR BRAIN!

Get 9 to10 hours of sleep a night.



better thinking
greater creativity
healthier body and mind

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

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