

# 9 TO 10 HOURS OF SLEEP A NIGHT = A SMARTER YOU!

better thinking  
greater creativity  
healthier body and mind



Fairfax County Health Department  
703-246-2411 • TTY 711 • [fairfaxcounty.gov/hd](http://fairfaxcounty.gov/hd)



A Fairfax County, Va., publication. Oct. 2015. For more information or to request this information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.

