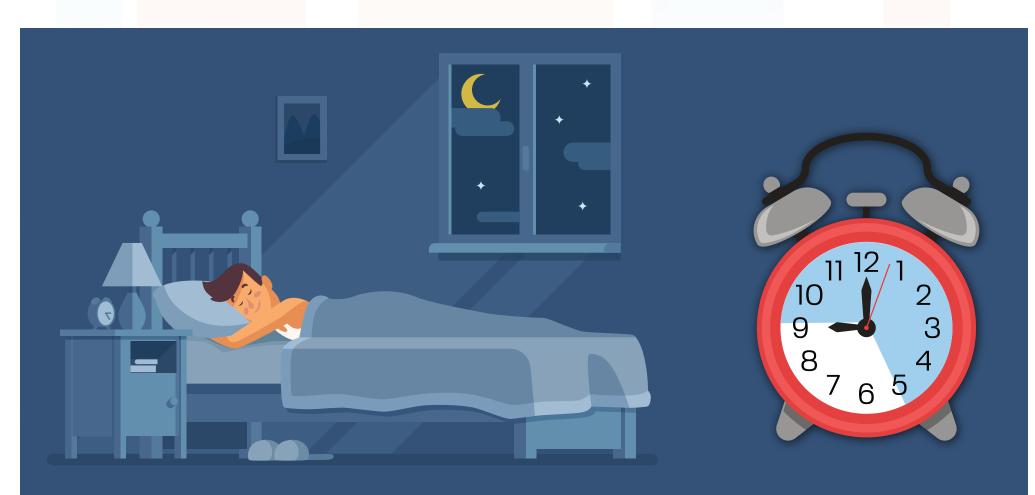




Make sleep a priority.



Get 7-9 hours of sleep every day.

FATIGUE AT WORK

nsc.org/fatigue