

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service

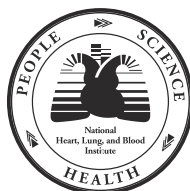
National Institutes of Health

National Heart, Lung, and Blood Institute

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Sleep Well, Do Well

For kids to do their best in school or at play, they should get at least nine hours of sleep every night. **Kids can be Star Sleepers like Garfield.** Visit <http://starsleep.nhlbi.nih.gov> for sleep tips and fun activities.



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