

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service

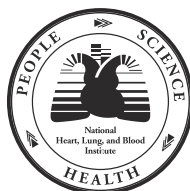
National Institutes of Health

National Heart, Lung, and Blood Institute

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How are you going to spend your extra hour?

When Daylight Savings Time ends this Saturday night, the clocks will be set back one hour—so you will have an “extra” 60 minutes to sleep. Let that extra hour of sleep become a habit. Because kids should get at least nine hours of sleep each night to do their best in school and at play.

Kids can be Star Sleepers like Garfield.

Visit <http://starsleep.nhlbi.nih.gov> for more information.



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