

# WESHEEP FACT #2

IT TAKES ONE HOUR OF SLEEP  
TO PAY FOR EVERY TWO  
HOURS OF WAKEFULNESS.\*



WESHEEP

WESWELL'S

SLEEP HEALTH ENHANCEMENT & EDUCATION PROGRAM

\*Maas, J. (1998). *Power Sleep : The Revolutionary Program That Prepares Your Mind for Peak Performance*. New York: Villard Books.