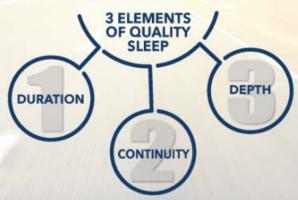
WORLD SLEEP SOCIETY'S ROAD TO BETTER SLEEP





DURATION

The length of sleep should be sufficient for the sleeper to be rested and alert the following day.



CONTINUITY Sleep periods should

Sleep periods should be seamless without fragmentation.



DEPTH

Sleep should be deep enough to be restorative.



Created by World Sleep Society's committee of internationallyrenowned experts in the field of sleep medicine and research.