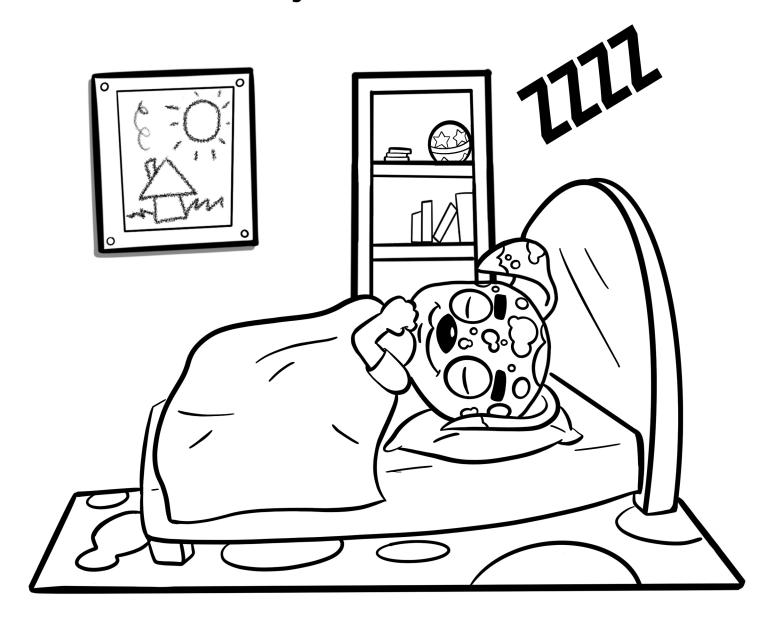
## Get a Good Night's Sleep to Stay Healthy!

Sleep for 10-12 hours every night to have energy and remember things you've learned!





Color this page.