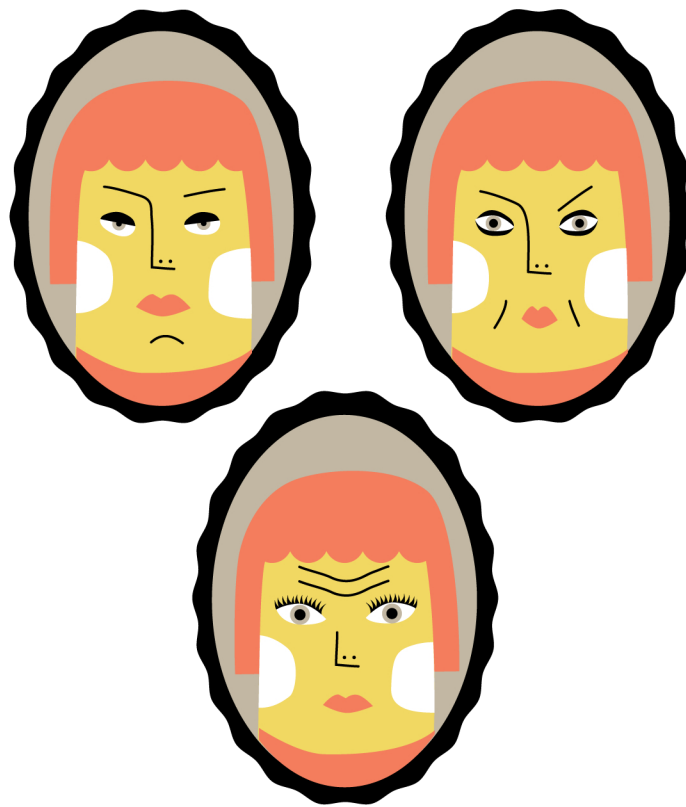


**TAKE THE BROKEN NIGHTS SERIOUSLY.  
SLEEP DEPRIVATION IS KILLING**



Feeling emotionally unstable? Forgetting hundreds things every day? Go to sleep. Powernaps aren't called powernaps for nothing. Your brain really needs sleep to get things done.

**PRACTICE YOUR MOST GRUMPY FACE  
IN THE MIRROR**



You're going to need it