



YOU NEED **SLEEP**

LACK OF SLEEP IMPACTS YOUR:

- Mood • Health • Work • Safety •

TOOLS FOR SUCCESS

GET 8 HRS OF SLEEP EACH NIGHT.

GET 2 GOOD NIGHTS OF SLEEP
TO MAKE-UP FOR LOST SLEEP.

For more information, go to:
MXFATIGUE.COM OR HFSKYWAY.FAA.GOV



**Federal Aviation
Administration**