DON'T SKIMP ON SLEEP. YOUR LIFE DEPENDS ON IT.

19 HOURS AWAKE = BLOOD ALCOHOL CONTENT OF .05%

Dawson, D., and K. Reid, "Fatigue, Alcohol and Performance Impairment Nature 388 (July 17, 1997): 235

W W W . V A L O R F O R B L U E . O R G

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