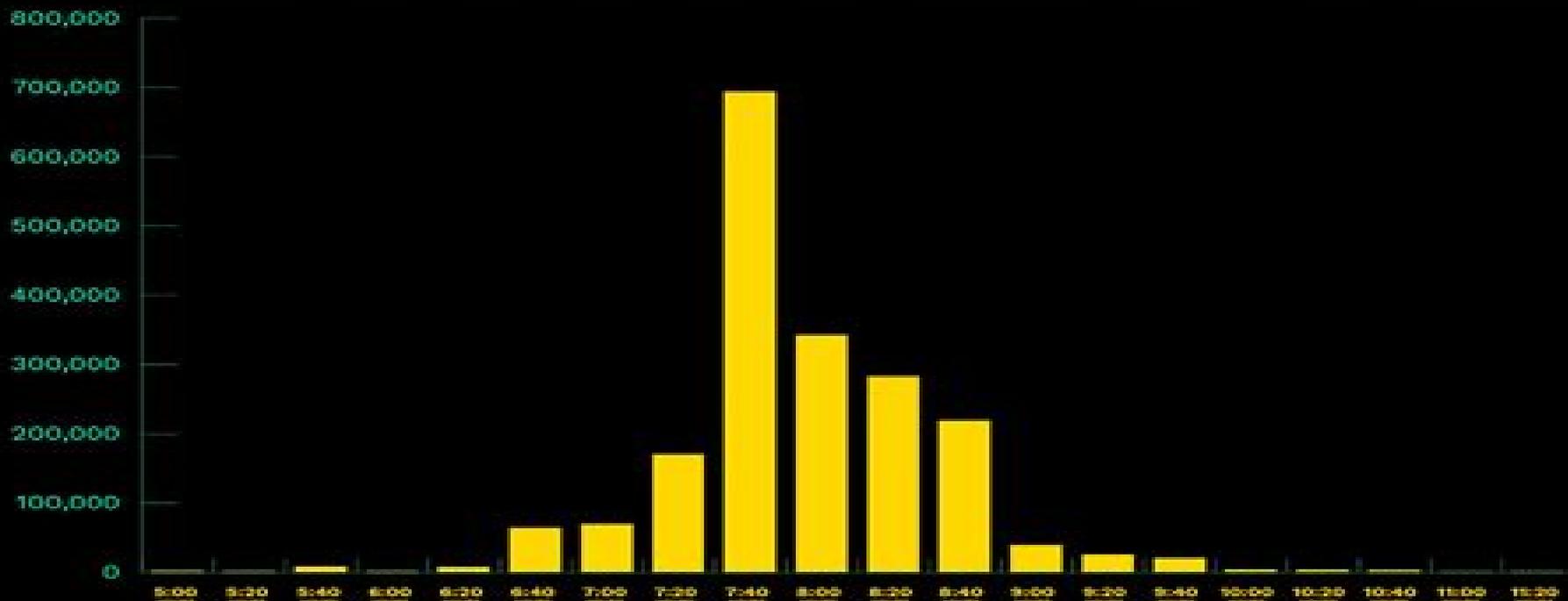


# How Much Sleep Do You Need?

*A look at sleep need data from 1.95 million RISE users aged 24 and up*



RISE users have sleep needs ranging from 5 hours to 11 hours and 30 minutes



The median RISE sleep need is 8 hours



The median sleep need for men is 8 hours and for women 8 hours and 15 minutes



48% of RISE users need 8 hours or more sleep a night

**DOWNLOAD THE RISE APP TO FIND OUT HOW MUCH SLEEP YOU NEED**

# Sleep Hacks Compare Store Hours

**Adam Smith**



## **Sleep Hacks Compare Store Hours:**

## Unveiling the Energy of Verbal Art: An Mental Sojourn through **Sleep Hacks Compare Store Hours**

In a world inundated with displays and the cacophony of instant conversation, the profound power and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, located within the lyrical pages of **Sleep Hacks Compare Store Hours**, a charming work of literary beauty that impulses with organic thoughts, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus instructions visitors on a psychological odyssey, delicately exposing the latent potential and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect its fascinating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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