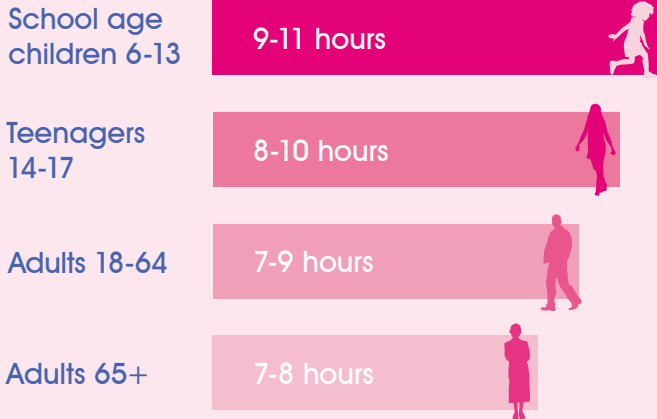


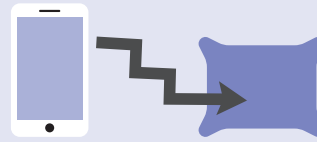


World Sleep Day 2018

How Much Sleep Should You Get?¹

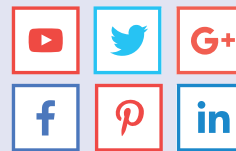


Almost 80% of people use smartphones in bed.⁴



All that screen time is affecting pillow time.⁵

More than 4 hours of screen time a day results in difficulty sleeping.⁵



Just 1 hour of social media use a day impacts your sleep.⁶

The blue light of your devices suppresses the production of melatonin – the 'sleep' hormone.⁷



Almost 2/3 of the world gets their best sleep on Wednesdays.²



Early bedtime
United States

Fewest hours of sleep
Japan

Late risers
France

Good sleepers³
Australia



Dr Carmel Harrington's Top Tips for a Better Night's Sleep:

- ✓ Wake up at the same time every day
- ✓ Set an alarm one hour before bed time to prepare for sleep
- ✓ Don't eat a big meal or exercise 3 hours before bed
- ✓ Avoid caffeine after midday



For more information on getting a good night's sleep visit www.sanofi.com or speak to your healthcare professional.

SANOFI  Empowering Life

30 mins



Worldwide, women sleep 30 mins longer than men³

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