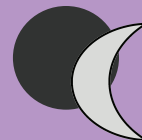


# Mission In Motion

Health & Wellness Weekly Bulletin  
May 2012—Sleep



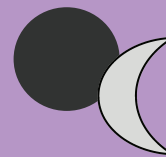
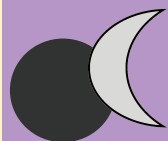
May 21, 2012—Week 4



**Before you hit the road, Jack ...**

Make sure you have an adequate amount of sleep. Being awake for 18 hours is equal to a blood alcohol concentration of 0.08, which is legally drunk, and leaves you at equal risk for a car crash. In fact, 100,000 crashes each year are caused by sleepy drivers. Sleep experts agree that adults should sleep seven to nine hours per night, and teens should sleep 8½ to 9½ hours.

Source: National Sleep Foundation



Human Resources Dept.  
1201 E. 8th Street  
Mission, TX 78572  
956-580-8630

