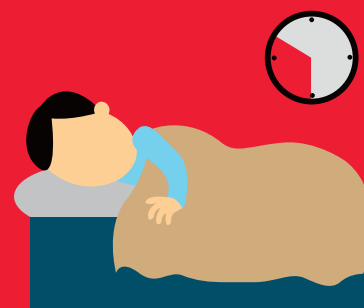


**ALCOHOL
CAN DISTURB
REM SLEEP**



**DO
NOT
DISTURB**



REM sleep is an important stage of deep sleep that allows your brain to process memories, learn, and balance your mood.

* National Institute of Health

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