

**Sleep
Health**

The diagram consists of a central white circle with the text 'Sleep Health' in bold black font. Surrounding this central circle are eight colored segments, each containing a component of sleep health. The segments are arranged in a ring and are separated by thin white gaps. The colors of the segments, starting from the top and moving clockwise, are: red, orange, light orange, yellow, light green, green, teal, and blue.

Duration

Efficiency

**Alertness/
Sleepiness**

Breathing

**Disordered
Sleep**

Satisfaction

Timing

Regularity

Sleep And Health

Richard Bailey



Sleep And Health:

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