



Join our international



March 9-11, 2018

Celebrating Sleep Awareness Week

- ★ Challenging teams and individuals to stay in bed for 12-48 hours
- ★ Raising awareness of sleep health and sleep disorders
- ★ Receiving support and encouragement to Sleep In
- ★ Getting sponsored by friends & family to benefit a good cause
- ★ Flooding Social Media (#SleepIn2018 @Project_Sleep)

Schedule of Events:

Friday 3/9/18 @ Your Bedtime – **InstaSleepIn**

Saturday 3/10/18 @ 12noon ET – **FB Live Broadcast w/ Julie Flygare**

Saturday 3/10/18 @ 5pm ET – **Twitter Chat**

Sunday 3/11/18 @ 5pm ET – **REM Dance Party w/ DJ Fe via FB Live**

DJ Fe is one of the hottest DJ's out of the Hudson Valley, New York area and a person with narcolepsy. She is excited to mix a special set for Sleep In 2017!

Facebook: www.facebook.com/Theoneandonlydjfe/

Instagram: [@theoneandonlydjfe](https://www.instagram.com/theoneandonlydjfe) Twitter: OfficialDJFe



Register today: www.project-sleep.com/sleepin