

projectsleep

Join our international



March 8-10, 2019

*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 (#SleepIn2019 @Project\_Sleep)

**Featured Events:**

Friday 3/8/19 @ Your Bedtime – **InstaSleepIn**

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

Saturday 3/10/18 @ 8pm ET – **GLOW Dance Party w/ DJ Fe via FB Live**

**DJ Fe** is one of the hottest DJs out of the Hudson Valley, New York area and a person with narcolepsy. She is excited to mix a special set for Sleep In 2019!  
Facebook: [www.facebook.com/Theoneandonlydjfe/](http://www.facebook.com/Theoneandonlydjfe/)  
Instagram: [@theoneandonlydjfe](https://www.instagram.com/theoneandonlydjfe) Twitter: OfficialDJFe



Register today: [www.project-sleep.com/sleepin](http://www.project-sleep.com/sleepin)