

So much to do, so little time! The person who handed you this card has decided to do something about it. They are sleeping for ___ minutes every ___ hours. Please help them in their quest for more time by allowing them to sleep now, otherwise you'll mess up their whole day; they'll be sleep-deprived, unintelligent, and probably cranky.

If you are waiting for them to wake up, you may be interested in doing a little background reading on polyphasic sleep at www.sleepingschedules.com.

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