

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).

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](http://www.sleepingschedules.com).