

# What is your favorite thing?

Let's do a fun thought experiment! Let's figure out what your favorite thing in the world is! After you finish this simple experiment, you might learn something you've never realized!

## Think about your favorite thing!

Ok, I'll offer you some help:

Is it coffee? What about crushing a workout? Maybe ice-cream? Your choice!

STEP  
01



STEP  
02

## Have you ever?

Taken a break from your favorite thing?



## The effects

What happens when you go 30 days without coffee? Maybe you realize that your energy levels are not as dependent on caffeine as you thought! What about 30 days without ice-cream?

STEP  
03



STEP  
04

## The Experiment

Now, let's replace your favorite thing with sleep!



## What Happens if you don't sleep for:

- 24 hrs: Cognitive impairment similar to a BAC of 0.10
- 48 hrs: Begin to experience blackouts
- 72 hrs: Significant mental deficits
- 11 days: Death

Source: <http://bit.ly/2qOjrhA>

STEP  
05

## The Result:

Your favorite thing is Sleep.

