



## daily GOOD

As all living beings desire to be happy always, without misery, as in the case of every one there is observed supreme love for one's self, and as happiness alone is the cause for love, in order to gain that happiness which is one's nature and which is experienced in the state of deep sleep where there is no mind, one should know one's self. For that, the path of knowledge, the inquiry of the form 'Who am I?' is the principal means.  
--Ramana Maharishi

### Deep Sleep

National Highway Traffic Safety Administration (NHTSA) conservatively estimates that vehicle crashes due to driver fatigue cost Americans \$12.5 billion per year in reduced productivity and property loss. The greatest cost? More than 1,500 people die every year in fatigue-related crashes.

### Be The Change:

Get some "deep" sleep. Don't drive when you're tired.