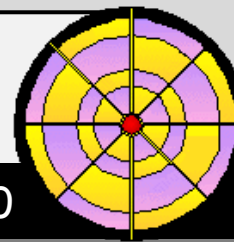


The Daily Rigour

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Your free weekly numeracy newspaper!

Dehydration could be why you're not sleeping

Friday was World Sleep Day and, as a result, you may be wondering how you can improve the quality of your sleep. Experts believe dehydration may be a factor.

New research reveals that nearly half of the British population aren't meeting the daily NHS recommended intake of fluid. Women typically need to drink about 1.6 litres of fluid every day and men need about 2 litres. This is in addition to the fluid we get from food.

- How many full 250 ml glasses of fluid should a woman drink each day to meet their intake?
- How many more glasses should a man drink each day than a woman?

HEALTH



Digital art nets £50m at auction

The first digital-only art auction by Christie's auction house has netted £50 million for the artist Beeple.

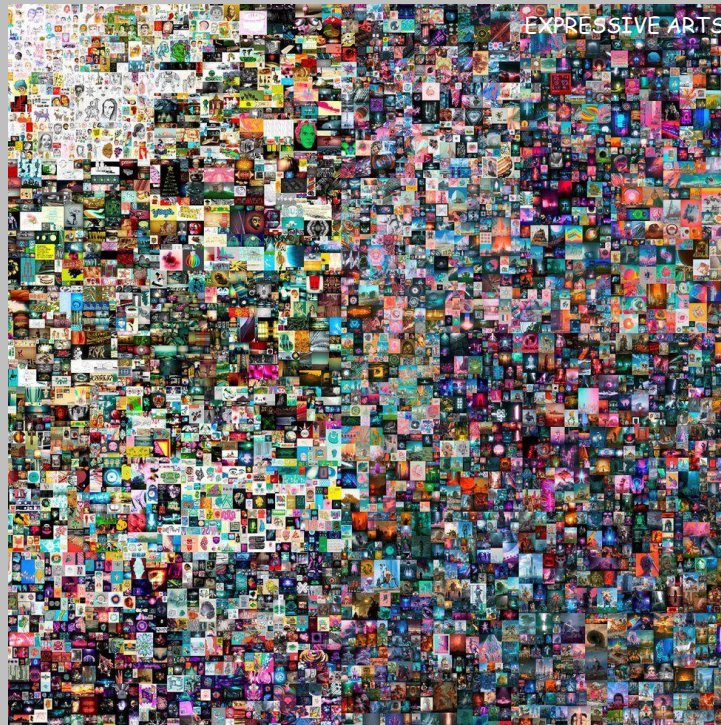
That success puts Beeple "among the top three most valuable living artists", Christie's said.

Shown opposite is a collage of all Beeple's pieces of art that were sold at auction.

How many pieces of art were sold altogether?

We do not expect you to be able to count them all!

Use your ESTIMATION SKILLS to see how close you can get to the correct answer.



Junior bankers warn bosses they could quit over '98-hour' working week

First-year analysts at investment bank Goldman Sachs are calling for their working week to be capped at 80 hours as they claiming to work an average of 98 hours per week.



On average, how many hours is this per day?

Man cashes out to win £250 000 from £5 stake

A man has won £250 000 from a £5 bet

after deciding to 'cash out' on the final leg of his accumulator at the Cheltenham Horse Racing Festival. Paul Dean decided not to risk it all and walked away with the huge sum hours before his last horse fell in the final race.

A return from a bet is calculated by multiplying the stake by the odds (either as a fraction or a decimal) and adding the stake on at the end.

If two or more events are bet on, the winnings from the previous bet becomes the new stake.

Example 1: If £5 is bet on a horse to win at 10/1 then the calculation is $5 \times 10 + 5 = £55$.

Example 2: If £5 is bet on two horses to win at 6/1 and 4/5 then the first horse returns $5 \times 6 + 5 = £35$. This £35 is then bet on the second

horse so
 $35 \times 0.8 + 35 = £63$.

How much would Paul have won if Envoi Allen came first and he didn't cash out?

W	19th Jun ROYAL ASCOT Commonwealth Cup - Commonwealth Cup (Antepost)	10. Golden Horde	12/1
W	20th Jun ROYAL ASCOT Diamond Jubilee Stakes - Diamond Jubilee Stakes (Antepost)	10. Hello Youmzain	10/1
W	16th Mar CHELTENHAM Arkle Chase - Arkle Chase	10. Shishkin	4/1
W	17th Mar CHELTENHAM Ballymore Novices Hurdle - Ballymore Novices Hurdle	10. Bob Olinger	25/1
+	18th Mar CHELTENHAM Marsh Novices Chase - Marsh Novices Chase	10. Envoi Allen	9/2
Stake:			£5.00
Potential Returns:			SPORT