

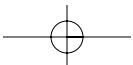
# Here's a wake-up call



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## There are currently almost 40 million Americans who suffer from sleep disorders.\*

The most common sleep disorders include sleep apnea, narcolepsy, restless legs syndrome and insomnia. If left untreated, losing your 40 winks on a regular basis can lead to serious conditions, such as heart problems, depression and anxiety.

If you think you may have a sleep disorder, don't toss and turn over it. Contact your health care provider right away to discuss your symptoms and treatment options.

*\*Source: The National Women's Health Information Center*