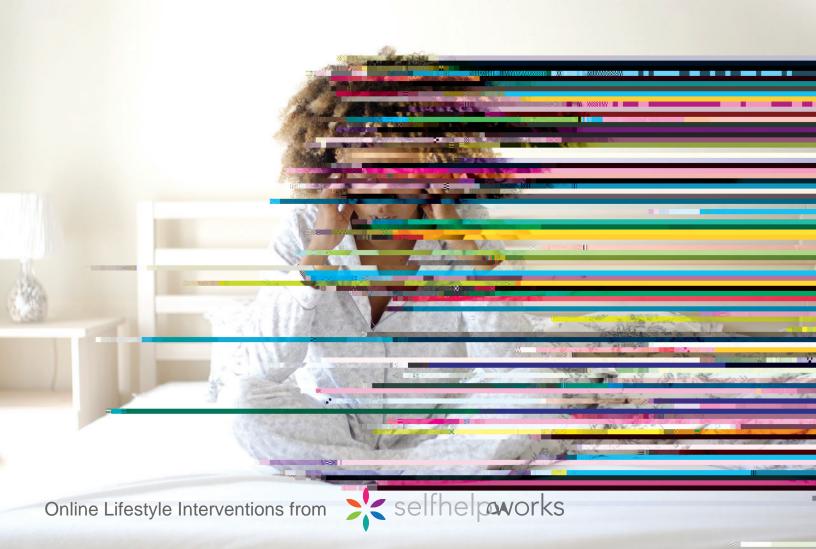
STRUGGLING WITH SLEEP, STUCK IN A CYCLE OF INSOMNIA?

When you have insomnia, you already know that you'll have trouble sleeping - and that's part of the problem. For most, insomnia is a VHOIIXO4OOLQJ SURSKHF\ 7 K \RX FDQ FKDQJH WKDW



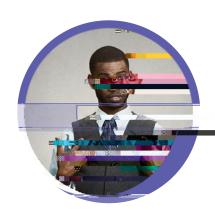
The LivingWellRested™ Sleep Program

7KH TXDOLW\ RI \RXU VOHHS D. HFWV MXVW DERXW HYHU\ DVSH ZHOO EHLQJ DQG KHDOWK DOO VX•HU ZKHQ \RX DUHQ W VOHH

It's simple: when your quality of sleep drops, so does your quality of life.

-PDJLQH KDYLQJ SHDFH RI PLQG ZKHQ \RX JR WR EHG WKDW \F ZDNH XS IHHOLQJ UHDUOHLVINIBG 70KQLOG UNIYZLKVNOW /LYLQJ:HOO5HVWH

How it works



ELIMINATE NEGATIVE, **ANXIOUS THOUGHTS**

Insomnia is often driven by thought S D W W H U Q V D Q G E H O L H I V W K D W and stress. You will identify them and OHDUQ WR WXUQ WKHP R.



ADJUST YOUR BODY'S

INTERNAL CLOCK

BECOME A SOUND SLEEPER

5LJKW QRZ \RXU VOHHS VFKHGXQblr hind and body will be returned to ՄԻՐՃԵՄ Ի ԹՆԱԻՆԻ PORFN DUH RXWho hit he before you developed <RX OO DGMXVW \RXU LQWHUQDOL ը QRF Ի ԻՆ ՄԵՐ VRX FDQ VOHHS VRXQ ERG\ ZLOO UHFRJQL]H ZKHQ LW V WLPH WR JR to sleep.

+HUH V WKH PDLQ SRLQW RQFH \RX FRPSOHWH struggle with insomnia.

The Details

/LYLQJ:HOO5HVWHG LV PDGH XS RI** RQOLQH VHJPHQWV /RJ RQ SULYDWHO\ DQG FRQYHQLHQWO\ VPDUWSKRQH)ROORZ DORQJ DV RXU VPDUW V\VWHP JXLGH LQWHUDFWLYH TXL]]HV DQG HDV\ DVVLJQPHC