

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

V H O I I X O 4 O O L Q J S U R S K H F \ 7 K
\ R X F D Q F K D Q J H W K D W



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 \P
ZDNH XS IHHOLQJ UHDOU\ HJG TXQ UH YZLWV /LYLQJ:HOO5HVWH

How it works



ELIMINATE NEGATIVE, ANXIOUS THOUGHTS

Insomnia is often driven by thought and stress. You will identify them and



ADJUST YOUR BODY'S INTERNAL CLOCK

Your mind and body will be returned to how they were before you developed



BECOME A SOUND SLEEPER

to sleep.

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

The Details

/LYLQJ:HOO5HVWHG LV PDGH XS RI RQOLQH YLGHR EDVHG
VHJPHQWV /RJ RQ SULDYDWHO\ DQG FRQYHQLHQWO\ YI
VPDUWSKRQH)ROORZ DORQJ DV RXU VPDUW V\WHP JXLGH
YLGHRV LQWHUDFWLYH TXL]]HV DQG HDV\ DVVLJQPHQ