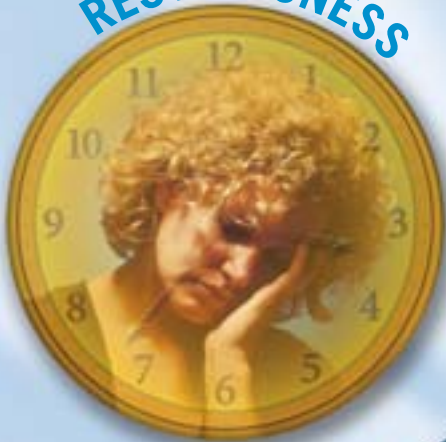


RESTLESSNESS



STRESS



WORRY



RACING THOUGHTS



IRRITABILITY



What's keeping you up?

Can't sleep? Wake up feeling tired? Don't remember when you last had a restful night?

It may not be just insomnia. If you are irritable, have difficulty concentrating, or you're feeling so "up" that you don't need to sleep, talk to your doctor.



www.SleeplessInAmerica.org
(800) 826-3632