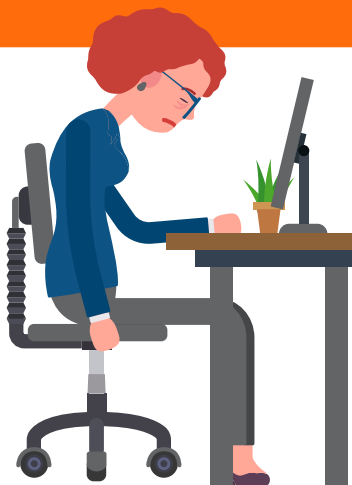


1

Be informed! Search for information about healthy sleep, sleep disorders and preventative care.



2

Don't be afraid to have an open and honest conversation with your doctor or sleep specialist.



3

Proper Care! Use your prescribed method of treatment and continue to follow up with your physician.



ACCESS
TO CARE

ACCESS TO INFORMATION...ACCESS TO CARE

For more information visit sleepeducation.org