

## Is the **Insomnia Solutions** program right for you?

Take this quick quiz to find out.

- ☐ Do you have difficulty falling asleep most nights even when fatigued?
- ☐ Does your mind start to race or fill with worries when you try to go to sleep? Do you awaken during the night and struggle to get back to sleep?
- ☐ Do you small thing irritate you more than they should?
- ☐ Do you have trouble with concentration, memory or problem solving?
- ☐ Do you find it more difficult than usual to make decisions?
- ☐ Do you wake up too early in the morning?
- ☐ Do you wake up feeling anxious, nervous or exhausted?
- ☐ Do you need caffeine to get going in the morning?
- ☐ Does your life feel out of balance?
- ☐ Do you worry about dependency and side effects associated with sleep medications?
- ☐ Do you find it difficult to get motivated?
- ☐ Do you want to feel like yourself again?
- ☐ Is it about time you did something for YOU?

**If you answered yes to any of these questions, please ask the doctor about the Insomnia Solutions program today!**

## What makes **Insomnia Solutions** different?

**N**either drugs nor sleep hygiene techniques can correct your sleep problem at the core. The Stress-Free Lifestyle program, on the other hand, takes advantage of the latest advancements in brain state management to restore your natural sleep rhythms so you can sleep deeply, rest completely, and awaken revitalized each and every day.

If your sleep problem is serious enough that you picked up this brochure, it may not be just a phase that will pass. The better you understand your sleeplessness, the more you can begin to take charge of your sleep and health. If you haven't already read through all the information here, we encourage you to do so now and then ask the doctor if Insomnia Solutions is right for you. The next 5 minutes you spend reading this brochure could change your life forever!

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