Here’s a wake-up call
There are currently almost 40 million Americans who suffer from sleep disorders.*

The most common sleep disorders include sleep apnea, narcolepsy, restless legs syndrome and insomnia. If left untreated, losing your forty winks on a regular basis can lead to serious conditions, such as heart problems, depression and anxiety.

If you think you may have a sleep disorder, don’t toss and turn over it. Contact your health care provider right away to discuss your symptoms and treatment options.

*Source: The National Women’s Health Information Center