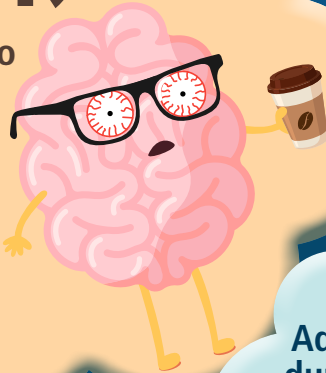


Catch your zzzzzzz's

7% - 19%

Adults who say they don't get enough sleep at night



50 - 70 Million



Americans with chronic sleep disorders

40%

Adults who fall asleep during the day at least once a month



\$411 Billion

Economic impact of insufficient sleep per year



7 Hours

The recommended amount of sleep for a healthy adult



Rejuvenate your body each day for a fresh start.

Visit the Live Healthy section of www.SouthCarolinaBlues.com to learn more.

