

**ASK ONE QUESTION:**

# How is your sleep?

Now is the time and the place to bring it up. Because poor sleep is linked to many health conditions and illnesses throughout the body. And quality sleep just might be the cure.

Make sleep part of the conversation.

[sleepisgoodmedicine.com](http://sleepisgoodmedicine.com)

**Sleep is good  
medicine.**

**AASM** American Academy of  
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