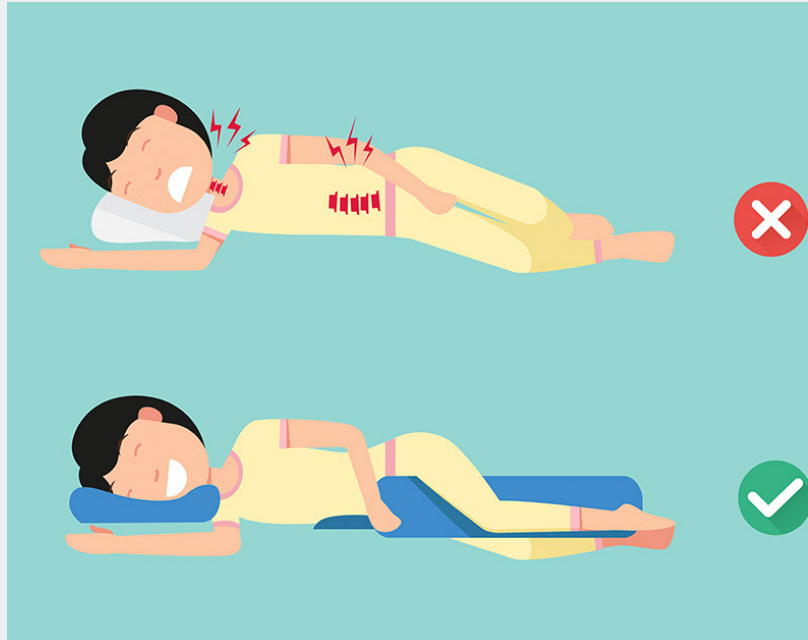
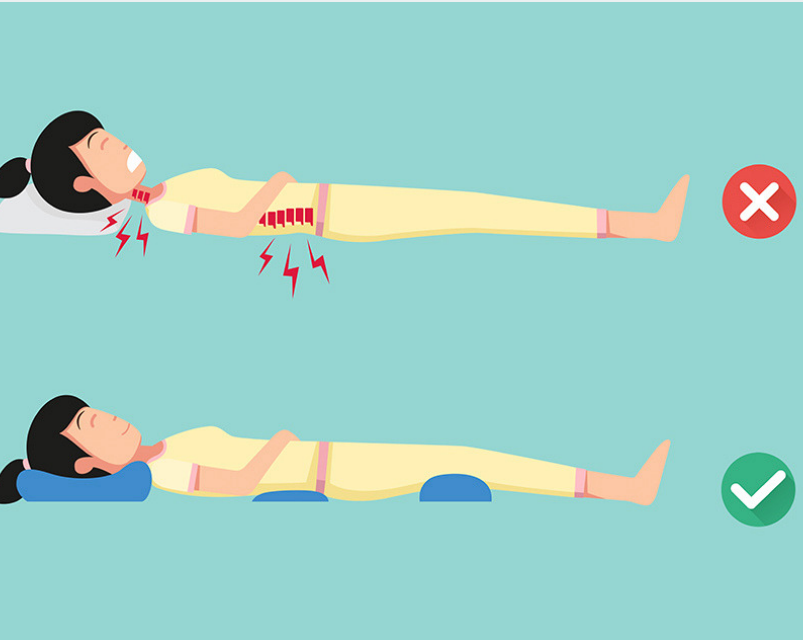


DO YOU SLEEP THE RIGHT WAY?



SLEEPING ON YOUR BACK

The way you sleep can greatly impact how you feel in the morning. Imagine putting unnecessary stress on your spine for 6-8 hours every day and compound that for a lifetime. OUCH! Tonight try placing a pillow underneath your knees to provide relief to your thoracic and cervical spine.

SLEEPING ON YOUR SIDE

There is a solution for you too Side Sleepers! Try placing a pillow between your knees to provide support for your thoracic spine.

HAPPY SLEEPING!