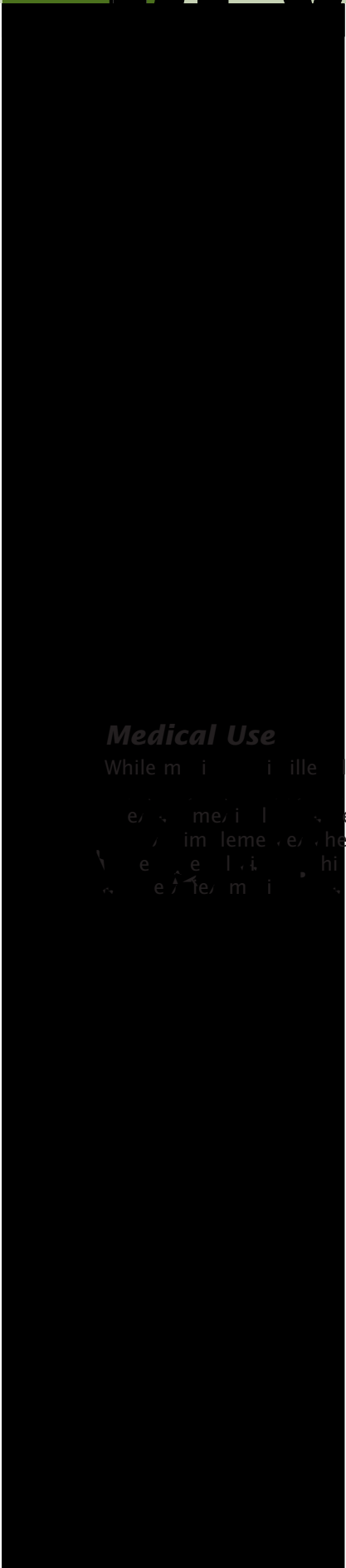


BEYOND PACIO



Medical Use

While most people believe that the
 only way to get a good night's sleep
 is to take a sleeping pill, there are
 many other ways to improve your
 sleep. For example, you can try
 relaxation techniques, such as
 deep breathing or meditation, or
 you can try to establish a regular
 sleep schedule.

BEYOND BASICS

Pregnancy Lactation

