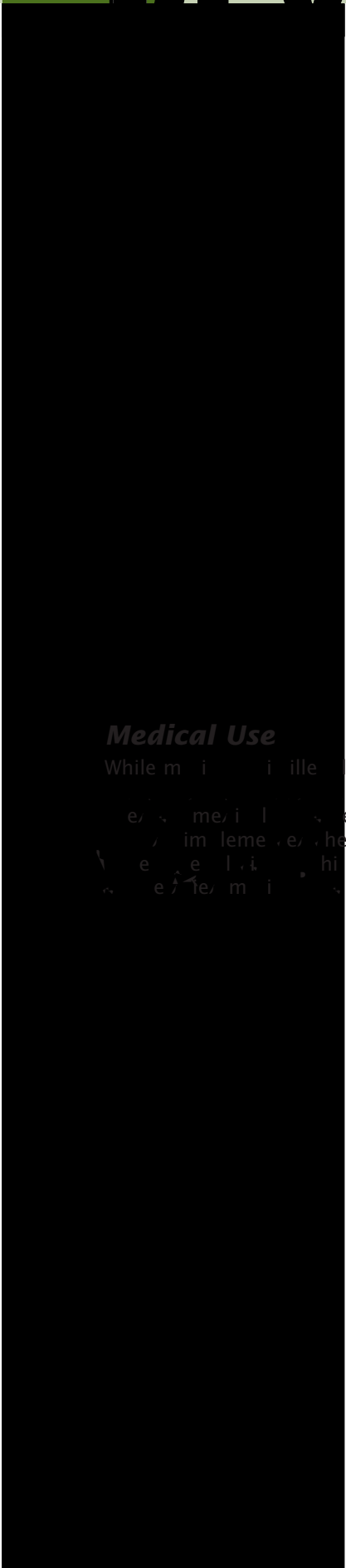


BEYOND PACIO



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
 taking a warm bath before bed, or
 using a white noise machine to
 block out any sounds that might
 wake you up.

BEYOND BASICS

Pregnancy Lactation

