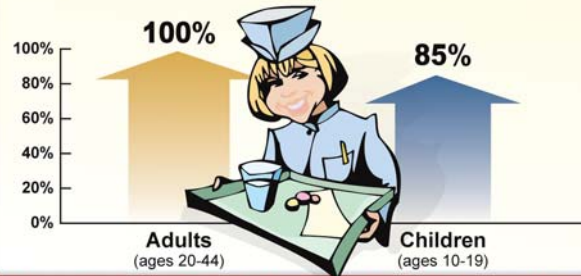


Can't Sleep? Don't Count Sheep Take Medication

According to a recent nationwide analysis of prescription drug claims of 2.4 million Americans, use of prescription sleep aids increased dramatically from 2000-2004. Disturbingly, the most dramatic increases were among young adults and school-age children.



According to the National Institutes of Health, more than 70 million Americans may be affected by a sleep disorder; but is the solution to take prescription medication?

SOURCE: Sleep deprivation driving drug use and cost: new research finds increased use of prescription sleeping aids. Press release from Medco Health Solutions, Inc., Oct. 17, 2005.