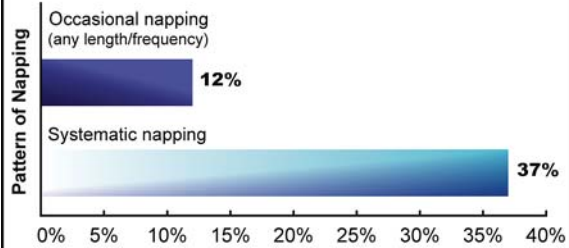


Close Your Eyes, Help Your Heart

A recent study indicates that taking occasional or regular naps has a rather dramatic effect on the risk of dying from a coronary event. In today's fast-paced society, too many people aren't getting the sleep their body deserves – and when they do, it's only because they've resorted to Lunesta or other pharmaceutical sleep aids. Make sure your patients know about the connection between sleep and heart health.

Reduction in Coronary Mortality



SOURCE: Naska A, Oikonomou E, Tichopoulou A, et al. Siesta in healthy adults and coronary mortality in the general population. *Arch Intern Med*, Feb. 12, 2007;167(3):296-301.