



AN EXTRAORDINARY PRODUCT

- Fall Asleep Quickly
- Sleep Soundly All Night
- Wake Up Feeling Refreshed
- Reduce Anxiety
- Experience Best Sleep Ever
- 100% Safe



RELAX & REFRESH

The Sleep Disc helps you get the sleep that's so important for your overall health and wellness. Insufficient sleep is a major problem in our hustle and bustle culture, and it is a root cause of many health issues... health issues you want to avoid!

The Sleep Disc can help ensure you get the sleep you need without the dangers associated with prescription and over the counter medications.

Benefits associated with getting the sleep you need include: improved memory function, reduced inflammation, increased creativity, improved athletic performance, maintaining a healthy weight, lifted moods, a reduced chance of illness, better sex, lower stress, a longer life, and more.

The Sleep Disc will help you sleep like a baby.

CUSTOMER REVIEWS

Roy E. Hardcastle

Two hours after getting my Ultimate Wristband and putting it on; I felt a surge of energy, like a runner's high when I was jogging. That evening I slept for 7 hours by using the Sleep Discs. I woke up once for my 'pit stop' at 3am in the morning but I went back to sleep within 20 minutes instead of an hour or two.

Jim Carter

I wanted to take the time out to say thank you to everyone at Body Align. Along with many people who are getting older, I have had problems sleeping. I wake up, go to the bathroom and can't go back to sleep right away. I used to be up for many hours after this nightly ritual before I started using the Sleep Disc. I just put them on the inside of my wrist and sleep like a baby now. Thank you Body Align!

Meredith

I want to say the Sleep Disc works amazingly. I was on sleeping pills for years. I had to get off them, but I still was not sleeping well. It got so bad that my doctor put me on an anti-depressant. Once the Sleep Discs kicked in, I was able to be 100% drug free!

Money Back Guarantee

Body Align offers a 30 day money back guarantee. Contact Customer Service to return your unused product within 30 days and you will receive a refund.

Body Align products are intended for healthy men and women, age 18 and over. The guidelines for using our products are strictly for informational purposes and are intended solely to educate our customers. Body Align products and information are not in any way intended to diagnose, treat, or prevent a medical condition. If you have a health concern, contact a healthcare professional. We also recommend you consult with your healthcare professional before starting any new diet, nutrition or exercise program. You may not experience the same results as individuals quoted or shown in videos on our website.

SLEEP

Enjoy a Good Night's Sleep

z z
Z

BODY  ALIGN

(800) 655-9855

support@BodyAlign.com

www.BodyAlign.com

How to use the SLEEP DISC

When to Apply

Apply one or more Sleep Discs 10 to 30 minutes before you go to bed. Remove the Disc(s) when you wake in the morning.

Where to Apply

The acupuncture points listed to the right are generally effective for encouraging sleep. However, you may want to experiment placing the Discs on different points on your body.

How to Use

Insomnia takes many different forms. Among the most common are the following:

- Your mind is too active to fall asleep
- You're in pain somewhere and it keeps you from sleeping
- You wake up frequently in the night
- You wake up and can't get back to sleep

The Sleep Disc can be effective for all those conditions. In addition, consider using the Relief Discs to control pain and reduce stress.

In some cases of over-exhaustion, it may be helpful to wear Action Discs or the Ultimate Wellness Wristband during the non-sleeping hours. Be sure to remove them at least 1 hour before sleeping.

Hydration

Proper hydration is extremely important for the body. It will also make Body Align Products work much more effectively. Body Align suggests hydrating by drinking at least eight glasses of water every single day. The water you drink should be highly filtered or spring water, and never tap water.

SUGGESTED ACUPUNCTURE POINTS

Stomach 36 (ST-36)

This point is very useful if the cause of your insomnia is irregular food intake. It is located one finger width to the outside of the shin bone, and three finger widths below the lowest point on the kneecap.



Liver 3 (LV-3)

This is another great point for dealing with excess energy conditions resulting in insomnia. It's located on the top of your foot. Use your finger to follow the depression between the big toe and the toe next to it. As you move your finger toward the ankle, you will feel a point where the bones from these two toes come together. That's the proper location.



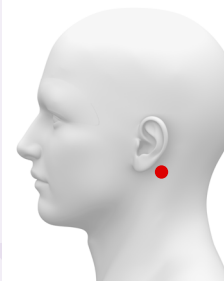
Heart 7 (HT-7)

This point is very effective at reducing excess energy conditions that result in difficulty going to sleep. It also helps to calm the mind. It is located on the palm side of the wrist in the crease formed between the forearm and hand. In the crease, it is located under the "pinky" finger. Typically BodyAlign Discs have a hard to sticking to the exact point because of the motion in the crease of the wrist. The best strategy is to place the Sleep Disc on the forearm as close to the wrist as possible. This is likely to also influence HT-6, which is another great point for insomnia, particularly if you sweat at night.



Gallbladder 12

This point is particularly effective if you experience a lot of brain activity when you try to sleep. It is located behind the ear, slightly above the ear lobe. You may need to shave a bit of hair off to use this point. If that is a problem for you, then avoid using this point. Other placement points will work well too.



Spleen 6 (SP-6)

Another excellent location for sleep disorders. This is an important point for sending biological signals to the liver and kidneys. It is located on the inside of the leg, four finger widths directly above the ankle bone.



Additional Recommended Points

Additional suggested acupuncture points may be found by scanning the QR code at the right or visiting the Body Align website:

www.BodyAlign.com

