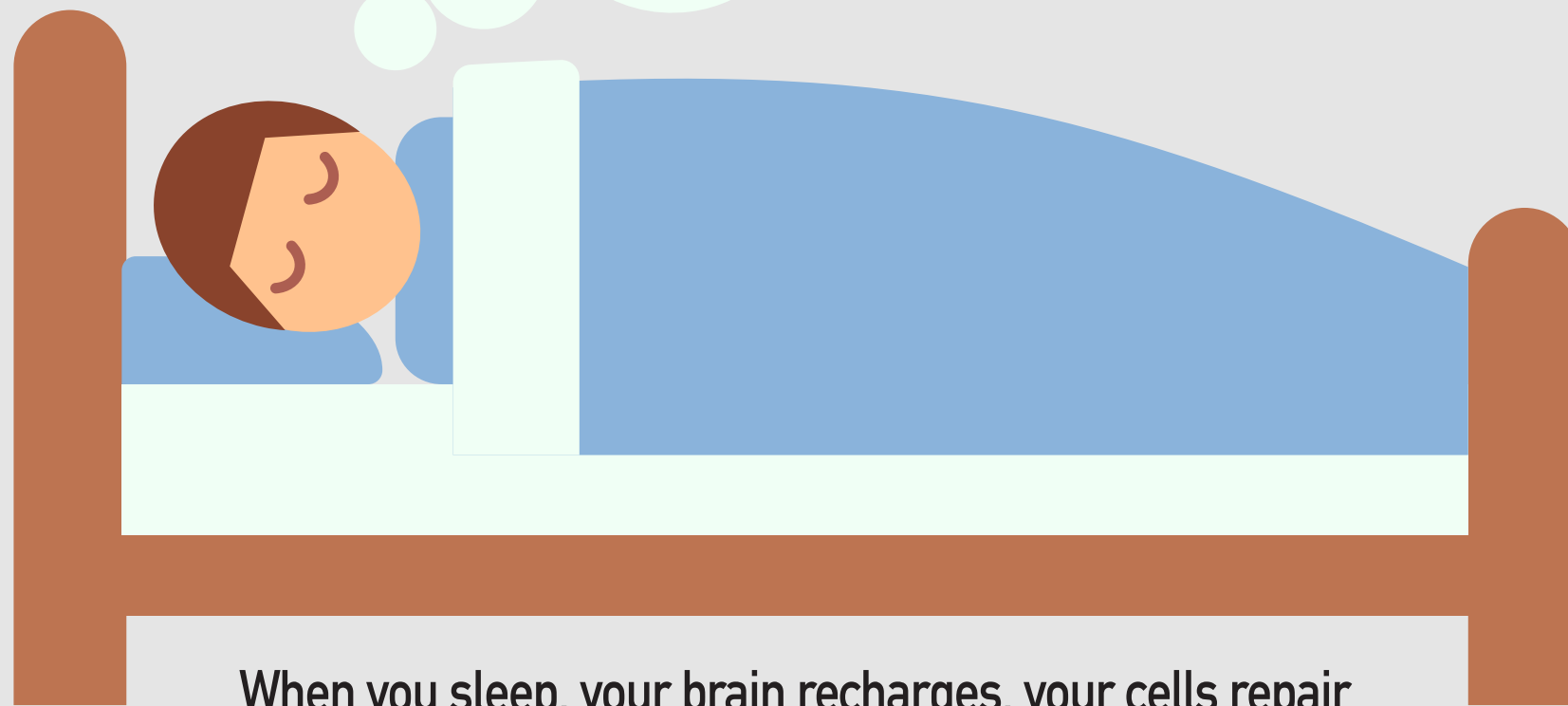


GET YOUR ZZZZZZZ'S!

Sleep is essential for human beings to survive.

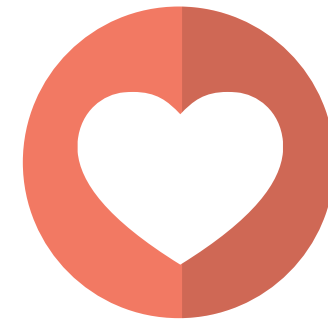


When you sleep, your brain recharges, your cells repair themselves and your body releases important hormones.

Check out the Live Healthy section of www.SouthCarolinaBlues.com.



Most adults need seven to eight hours of restful sleep per night.



When you sleep, your blood pressure drops. This lowers your risk of heart disease.



South Carolina

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