

# How did you sleep last night?

Zeo™ has the answer.



Night after night, millions of people suffer from a lack of restful sleep, and feel the negative impact on their mood, energy level, and productivity during the day. Most feel powerless to do anything about it. Well, now there's a revolutionary approach to the problem of poor sleep: Zeo.

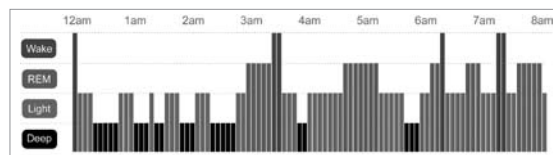
## A revolution in the science of sleep.



The Zeo Personal Sleep Coach is the first consumer product and home-based program to help you manage and take control of your sleep. Visit

[www.zeocoach.com](http://www.zeocoach.com) to see how Zeo puts the science of sleep at your fingertips.

You'll discover how Zeo tracks and records your personal sleep patterns and displays your sleep data when you wake up: the time you took to fall asleep, your time in deep sleep,



light sleep, and REM sleep, and how often you woke up. That's because understanding your sleep is the first step toward improving it.

You'll see why David Pogue of the *New York Times* writes, "It's truly amazing...to see all of this data about a part of your existence that you've known nothing about until now."

**30-DAY** money-back guarantee  
**FREE SHIPPING**

## Take control of your sleep today.

At [www.zeocoach.com](http://www.zeocoach.com), you'll learn about uploading your sleep data to the Zeo Personal Coaching website, where online tools help you analyze your sleep and create a customized action plan whose goal is a better night's sleep. You'll also learn about the 7 Sleep Stealers™, and Zeo's 7 Step Sleep Fitness™ program.

## Order Zeo and enjoy free shipping.

Sleep expert and *Fortune 500* sleep consultant Dr. James Maas identifies Zeo as "the first consumer device that accurately tracks how effectively you sleep." Go to [www.zeocoach.com](http://www.zeocoach.com) now and discover why Dr. Maas believes that Zeo is "absolutely critical to being a daytime peak performer."

Learn more or order at [www.zeocoach.com](http://www.zeocoach.com)



The more you know, the better you sleep.™

Zeo Personal Sleep Coach is neither a medical device nor a medical program and is not intended for the diagnosis or treatment of sleep disorders. If you suspect that you may have a sleep disorder, consult your physician.



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978.264.3264

**Client:** ZEO

**Publication:** Wall Street Journal

**Insertion Date:** 08/07/09

**JOB NUMBER:** ZEO 001

**Live Area:** N/A

**Trim:** 10.87" (w) x 10.5" (h)

**Scale:** 100% Actual Size

**FILE NAME:** Zeo\_HowSleep\_10.87x10.5\_WSJ\_V7

**Creative Director:** B. Pruett

**Art Director:** T. McMahon

**Account Mgr:** S. Sprague

**Client Approval**

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Initials