

DISCLAIMER

The information on the Good Sleep Health website is intended to provide information about health and sleep disorders and includes a self help program for insomnia. It is to be used in consultation with your physician. It is not intended to address any medical condition or mental health condition. You should always consult your physician about any sleep disorder, medical condition or mental health condition that you have, and determine its impact on your sleep and the appropriateness of your using the information on this website.

Anyone with a sleep disorder has the potential of experiencing sleepiness at any time including during the operation of a motor vehicle, machinery or other safety critical devices. The use of techniques found in this website such as “sleep restriction” have the potential to increase your level of sleepiness and thus your safety or the safety of others under certain circumstances. It is important that you not operate safety critical devices when you feel sleepy, such as motor vehicles or equipment, or to put yourself into other situations where alertness is required to maintain safety. For more information on this topic go the article entitled “Sleepiness and Safety”.

The use of techniques found in this website such as “sleep restriction” also have the potential to exacerbate or trigger mental health conditions under certain circumstances. It is important to consult with your physician to determine the appropriateness of your using the information found on this website especially if you have a mental health condition.

The information and programming (collectively called the “information”) on this website does not constitute, and is not a substitute for, medical evaluation, advice, diagnosis, care or treatment. Good Sleep Health Inc, the provider of the information on this website, recommends that you always seek the advice of a physician or other health care professional for all health-related matters. This information should only be used as an educational program that supports your

care and the treatment rendered by your physician. We do not recommend self-management of health problems without the advice of your health care provider. You should never disregard medical advice or delay in seeking it because of something you have read on this website. Good Sleep Health Inc and its owners, officers, directors, employees, consultants, contractors, agents, affiliates, business partners and licensors will not be liable for, and you waive any claim for, any personal injury, damage, and/or liability arising out of your use of or reliance on the information on this website.