

Beyond Tired Commenting Guidelines

Thank you for visiting the Beyond Tired website. This website is a place to highlight true stories of insomnia sufferers from across the country to help inspire and support those dealing with insomnia. This is a place where stories of struggle and triumph are shared and where you can learn more about managing your insomnia. A place to begin to understand the science of sleep and how you can make the most out of speaking to your doctor.

Providing useful and interesting content about insomnia and fostering open and respectful dialogue around specific topics is our ultimate goal. Content posted on the Beyond Tired website will be open to public comments.

The National Sleep Foundation (NSF) and Merck respect the rights of individuals visiting the website to voice their views and opinions. However, within this channel, we reserve the right to remove comments that are considered inappropriate, off-topic, abusive, or being used to promote and solicit for third-party sites, initiatives or products. We ask that you please respect the following guidelines for our website:

- Please refrain from mentioning pharmaceutical products or name brand products. We reserve the right to remove any comments that reference a product.
- Comments or posts that are factually inaccurate or misleading, are spam, inappropriate, violate another's copyright or intellectual property, use profanity or are defamatory will be deleted.

There may be other circumstances that will require us to remove a comment. The NSF and Merck reserve the right to delete any posting at their sole discretion.

We encourage you to respect fellow visitors of the Beyond Tired website. The content provided by those other than NSF and Merck does not represent the opinions or positions of the NSF or Merck.

The content available on this website is for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The NSF and Merck recommend that you consult your doctor regarding personal health matters.

NOTE: Comments that mention side effects of prescription drugs may require someone from Merck or the NSF to contact you for further information. You are encouraged to report negative side effects of prescription drugs directly to the FDA by visiting <http://www.fda.gov/Safety/medWatch> or calling 1-800-FDA-1088.