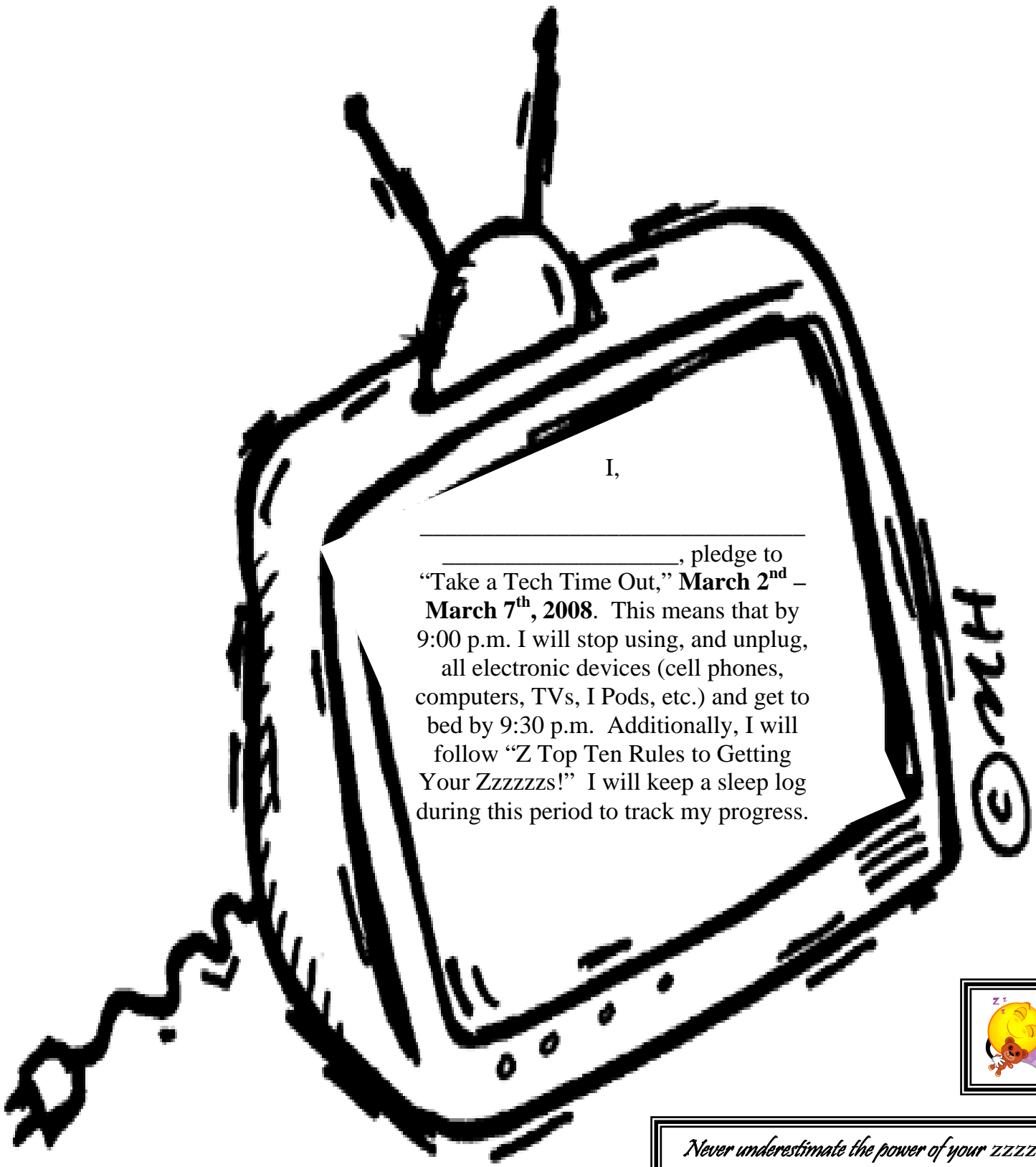


TAKE A TECH TIME OUT



I,

_____, pledge to
“Take a Tech Time Out,” **March 2nd –
March 7th, 2008**. This means that by
9:00 p.m. I will stop using, and unplug,
all electronic devices (cell phones,
computers, TVs, I Pods, etc.) and get to
bed by 9:30 p.m. Additionally, I will
follow “Z Top Ten Rules to Getting
Your Zzzzzzs!” I will keep a sleep log
during this period to track my progress.



Never underestimate the power of your zzzzzs!