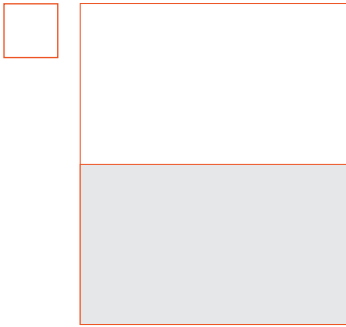


2022 Magazine Quarterly Rate card, publishing schedule, and Advertising Terms and Conditions.

Please indicate which ad and run you would like to order. Thank you!



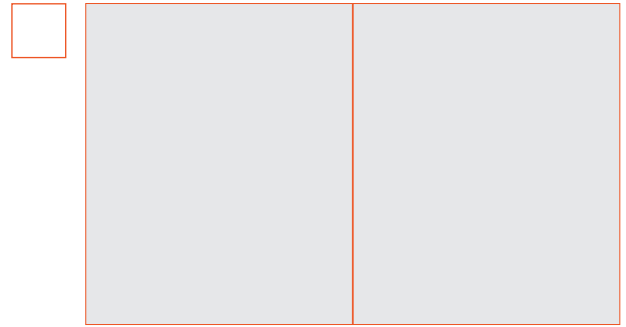
Half Page

- 1 Run: \$1,800
- 2 Run: \$1,620
- 3 Run: \$1,350



Full Page

- 1 Run: \$3,500
- 2 Run: \$3,150
- 3 Run: \$2,625



Full Spread

- 1 Run: \$6,500
- 2 Run: \$5,850
- 3 Run: \$4,875

Ad Creation: Here at Sleep and Wellness we can also create your ad for you if you need design assistance. Our house designer is Nina Hunter and her work can be viewed here: www.ninacreates.com. Please indicate if you would like your ad also created.

- Half Page:** \$75
- Full Page:** \$150
- Full Spread:** \$300

Publication Dates

2021 Dates			2022 Dates		
Close Date	Print Date	Digital Date	Close Date	Print Date	Digital Date
<input type="checkbox"/> Jan. 19	Jan. 28	March 4	<input type="checkbox"/> Jan. 18	Jan. 27	March 3
<input type="checkbox"/> April 20	April 29	June 3	<input type="checkbox"/> April 19	April 28	June 2
<input type="checkbox"/> July 20	July 29	Sept. 2	<input type="checkbox"/> July 19	July 28	Sept. 1
<input type="checkbox"/> Oct. 19	Oct. 28	Dec. 2	<input type="checkbox"/> Oct. 18	Oct. 27	Dec. 1

TOTAL: \$

Advertiser Signature

Date

Sleep & Wellness Signature

Date

General terms and conditions applicable to print and digital editions.

1. Rates are based on ad size and number of runs purchased. There are multiple discounts available for multiple runs, co-writing a related article, or ASBA membership. Discounts are not stackable.
2. Ads are run in both print and digital copy of the magazine. Advertiser can opt out of either type in writing three (3) days prior to close date.
3. Advertisers may not cancel or make changes after the closing dates of the magazine.
4. Sleep & Wellness Magazine is not responsible for errors or omissions provided by the advertiser after the closing date.
5. Sleep & Wellness can reject or cancel any advertising for any reason. Any ad that appears to simulate an editorial statement by the magazine will be rejected.
6. Sleep and Wellness reserves the right to have any submitted ad or article reviewed publicly or privately for accuracy.
7. Advertiser confirms they are authorized to publish all content in the ad. Further, the advertiser agrees that publication will not violate any law, regulation, or infringe upon any right of any party. Advertiser will indemnify, defend, and hold Sleep & Wellness Magazine harmless from and against any and all losses and expenses (including, without limitation, attorney's fees) arising out of the publication of such advertisements in all applicable editions, formats and derivations of the magazines, including, without limitation, those arising from third party claims or suits for defamation, copyright or trademark infringement, misappropriation, unfair competition, violation of the Lanham Act or any rights of privacy or publicity, or any unfair commercial practice or misleading advertising or impermissible comparative advertising or from any and all claims or regulatory breaches now known or hereafter devised or created (collectively "Claims").
8. Only conditions contained are applicable at the time of acceptance. Sleep & Wellness reserves the right to change the rate card and terms and conditions prior to accepting an ad. These terms and conditions constitute the entire agreement. Any terms and conditions contained herein that are inconsistent shall not void the entire agreement.
9. Sleep & Wellness reserves the right to insert the advertising anywhere in the magazine. Reasonable efforts will be made to space out competitive ads. Any positioning request cannot be guaranteed. The digital edition may vary depending on ads that have opted out of one version.
10. Sleep & Wellness is not liable for failure to publish or circulate all or part of any issue of the magazine because of events outside of their control such as strikes, accidents, fires, acts of God or any other circumstances.
11. Payment is due on or before the close date of the first run. Any delinquent account will be subject to a 1.5% fee, not to exceed the legal maximum in the jurisdiction, per month. Prior written payment arrangements will avoid payment penalties.
12. Sleep & Wellness reserves the right to modify these terms and conditions.

These Advertising Terms and Conditions were issued August 27, 2021.