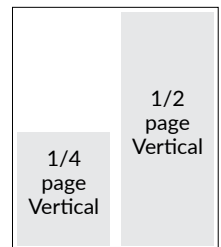
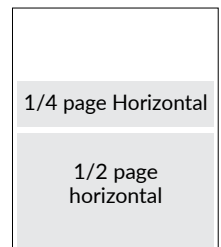
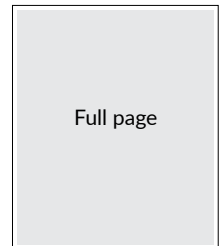


RATES & REQUIREMENTS

ADVERTISING RATES

COLOR RATE			
FREQUENCY	FULL PAGE	1/2 PAGE	1/4 PAGE
1x	\$1,200	\$700	\$400
2x	\$1,920	\$1,120	\$640
3x	\$2,880	\$1,680	\$960
4x	\$3,600	\$2,100	\$1,200
5x	\$4,200	\$2,450	\$1,400
6x	\$5,040	\$2,940	\$1,680

B&W RATE			
FREQUENCY	FULL PAGE	1/2 PAGE	1/4 PAGE
1x	\$1,080	\$630	\$360
2x	\$1,728	\$1,008	\$576
3x	\$2,592	\$1,512	\$864
4x	\$3,240	\$1,890	\$1,080
5x	\$3,780	\$2,205	\$1,260
6x	\$4,536	\$2,646	\$1,512



COVER & PREMIUM PLACEMENT	
INSIDE FRONT COVER	\$1,800 per page
TABLE OF CONTENTS PAGE	\$1,800
CENTER SPREAD (1-2 PAGES)	\$1,800 per page
INSIDE BACK COVER	\$1,800
BACK COVER	\$2,400
COVER TIP PER ISSUE * NOT FULL PAGE	\$600 add on (must purchase additional interior pages)

AD SIZES	
FULL PAGE NO BLEED	7.375" wide x 9.833" high
FULL PAGE WITH BLEED	Image area: 7.875" wide x 10.375" wide Trim area: 8.375" wide x 10.875" high Bleed: 8.625" wide x 11.125" high
1/2 PAGE HORZ	7.375" wide x 4.833" high
1/2 PAGE VERT	3.604" wide x 9.833" high
1/4 PAGE HORZ	7.375" wide x 2.333" high
1/4 PAGE VERT	3.604" wide x 4.833" high

INSERT RATES			
FREQUENCY	2-PAGE	4-PAGE	8-PAGE
1x	\$1,920	\$2,400	\$4,800
2x	\$3,072	\$3,840	\$7,680
3x	\$4,608	\$5,760	\$11,520
4x	\$5,760	\$7,200	\$14,400
5x	\$6,720	\$8,400	\$16,800
6x	\$8,064	\$10,080	\$20,160

FILE SPECIFICATIONS

- The preferred file format is PDF, set to Print Quality
- All 4-color files must be in CMYK; Black and white files must be in grayscale
- All files must be the correct size as listed above
- Additional bleed is required for all bleed ads
- All files submitted must be final artwork
- Fonts and images must be embedded and/or converted to outlines
- All files and images must be at least 300 dpi

ABOUT HEALTHIER SLEEP MAGAZINE

Healthier Sleep is published six times per year by World Sleep Society. World Sleep Society is a membership organization for professionals working in the field of sleep medicine and research with a mission to advance sleep health worldwide.

CONTACT US

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