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Truth is in. Myths are out.



Myth: You shouldn't wake a sleep walker.

On the contrary. Abruptly wakened sleepwalkers may be disoriented, but won't be harmed by the "shock" of waking; but if they're doing something that requires attention, like going down stairs or cooking or driving, they can suffer serious injury. The same goes for the myth that "once you buy life insurance you don't have to think about it again." Whole life insurance policies are long-term financial instruments whose purpose and value can change over time; so if you have life insurance, you need to wake up and review it at least every couple of years.

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