

# Insomnia Grande Privacy Policy

Last updated: September 12, 2025

## 1. Introduction

Welcome to Insomnia Grande. By subscribing to our newsletter, you agree to the practices outlined in this Privacy Policy.

## 2. Information We Collect

We collect your email address when you subscribe to receive updates, news, and promotional content from Insomnia Grande.

## 3. How We Use Your Information

Your email address will only be used to send you news, updates, and exclusive content related to Insomnia Grande. We will not sell or share your personal information with third parties without your consent.

## 4. Data Storage and Security

We implement appropriate technical and organizational measures to protect your data against unauthorized access, alteration, disclosure, or destruction.

## 5. Your Rights

You have the right to unsubscribe at any time by clicking the 'unsubscribe' link in our emails. You may also request access, correction, or deletion of your personal data by contacting us.

## 6. Third-Party Services

We may use trusted third-party services (such as email delivery providers) to manage and send newsletters. These services are contractually obligated to protect your information.

## 7. Updates to This Policy

We may update this Privacy Policy from time to time. Any changes will be posted on our website with the updated date.

## 8. Contact Us

If you have any questions about this Privacy Policy or our data practices, please contact us at:  
[insomnia.grande@gmail.com](mailto:insomnia.grande@gmail.com)