

READY TO SLEEP BETTER?

Learn How ... With the **Time to Sleep Well** Program



Are you downing caffeine to make it through the day? ☹️ Staying up late because of a busy schedule? ☹️ Having trouble falling asleep and staying asleep? ☹️ Working the night shift? ☹️ Finding it difficult to concentrate at work?

We can help you get the sleep you need with **Time to Sleep Well**. This program is a skill-building course designed to help you make changes to improve your sleep.

You will learn strategies and techniques to help you sleep better, including:

- Understanding your sleep patterns.
- Identifying areas for improvement.
- Creating a better sleep environment.
- Eating better, exercising, and coping with stress.
- Managing sleep disruptions from travel and shift work.

Each week you'll set small goals that will help you achieve better sleep.

By participating in the program, you will work closely with a personal wellness coach who will guide you to set realistic goals and try new techniques tailored to fit your lifestyle. As you work with your coach, you'll schedule follow-up sessions to discuss your progress and challenges that may get in the way. If you have any questions, you can just call your coach.

HOW TO ENROLL

Enjoy the benefits of a good night's sleep. For more information or to enroll, call a wellness coach at **1-800-650-8442**.



What's Your Reason for Sleeping Better?

A good night's sleep helps to:

- Improve your problem-solving skills and memory.
- Complement the efforts you make during the day to lose weight.
- Lower your risk for high blood pressure, stroke, and type 2 diabetes.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

7/19 HC407504