



# Sleep Healthy Resources

Explore the programs and tools below to help you stay motivated on your journey to a better nights sleep.

## HEALTHY SLEEP PROGRAM: SLEEP SERIES



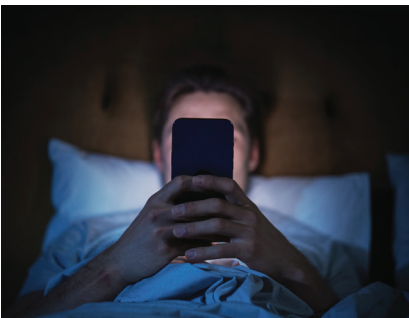
Join this 4-week program led by a Lifestyle Coach. Learn how nighttime habits and your thinking patterns affect sleep, and how to change them.

This class does not address medical conditions that interfere with sleep. This is an online class.

Cohort 1: Mondays, beginning March 11 (5:30 p.m. - 6:30 p.m.)  
Cohort 2: Tuesdays, beginning March 12 (Noon - 1 p.m.)

Register today at [sfhss.org/sleep-campaign](https://sfhss.org/sleep-campaign)

## HEALTHY SLEEP COACHING



Lifestyle Coach appointments are virtual and will provide you with an opportunity to discuss lifestyle habits that may be affecting your sleep. Whether it is developing a good sleep hygiene, finding work-life balance, or stress management – the Coach can help! Schedule a 20-minute appointment at [sfhss.org/sleep-campaign](https://sfhss.org/sleep-campaign).

- Meet with a Coach for one-on-one support and learn about tips and tools to help get you started on your journey to better nights sleep.
- Appointments available April 2, 3, 4, 9, 10 & 11 (10 a.m. - 2 p.m.)

## WEBINARS



Attend a webinars or workshop to learn new skills, add new activities to support your sleep hygiene.

- [Breathing Techniques to Relieve Stress and Improve Health](#)
- [Sleep: An Essential Component of Health and Well-Being](#)
- [Bedtime Routine for Adults](#)

Visit [SFHSS Events Calendar](#) to explore more offerings.

