



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 online program led by a Lifestyle Coach. Learn how nighttime habits and your thinking patterns affect sleep, and how to change them.

Cohort 1: Tuesday, beginning March 11 (Noon - 1:00 p.m.)

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

Register today at sfhss.org/sleep-campaign

This class is not designed to address medical conditions that affect sleep and is conducted online.

HEALTHY SLEEP GROUP COACHING



Join Small Group Coaching and focus on improving your sleep! Check in with a Lifestyle Coach, set goals and learn how to build better sleep hygiene, create healthy work-life balance, and manage stress effectively. It's your chance to get the support you need for a more restful, balanced life!

- Two Sessions Available: March 13 and 20 (Noon - 1:00 p.m.)
- Hosted online via MS Teams
- **Space is limited to 25 participants - [Register Today!](#)**

WEBINARS



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

- [3/6 - Sleep Your Way to Better Health](#)
- [3/19 - Healthy Meals for Busy Lives](#)
- [3/19 - Developing Healthy Habits](#)
- [3/20 - Sleep: An Essential Component of Health and Well-Being](#)
- [3/24 - Bedtime Routines For Adults](#)
- [3/25 - Commuting Fit & Healthy Behind the Wheel](#)
- [3/26 - Mindful Nutrition and Sleep Hygiene: Unlocking the link between Diet, Sleep and Brain health](#)

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

