**Sleep Well, Be Well**

*Sleep for Better Health.* Our busy lives make it easy to take sleep for granted, but with the right amount of sleep, you can reduce stress, increase energy, and improve your overall well-being. [The *Sleep for Better Health* campaign](https://sfhss.org/sleep-campaign) will help you understand the importance of getting healthy sleep, introduce programs and resources, and provide the tools to build a healthy sleep routine.

This month, you’ll receive emails with programs, resources, and activities to help your journey to get better sleep. Get started today and visit [*sfhss.org/sleep-campaign*](https://sfhss.org/sleep-campaign) to learn more.

**Need support? Sign up for a program and check out the resources below to help improve your sleep habits:**

* [Healthy Sleep Program](https://wellness-event.kaiserpermanente.org/signup/sfhss): Join this 4-week program led by a Lifestyle Coach. Learn how bedtime habits and thinking patterns affect sleep, and how to change them.
  + Cohort 1: Meets Mondays, starts March 11 (5:30pm-6:30pm)
  + Cohort 2: Meets Tuesdays, starts March 12 (12pm-1pm)
* [Healthy Sleep Coaching](https://wellness-event.kaiserpermanente.org/signup/sfhss): Check in with a [Lifestyle Coach](https://sfhss.org/lifestyle-coaching) to discuss and set goals to support good sleep hygiene. Schedule a 20-minute telephone appointment today.
  + Appointments available April 2, 3, 4, 9, 10 & 11 (10am-2pm)
* [Tap Into your Health Plan Benefits](https://sfhss.org/using-your-benefits): Explore well-being resources and programs that can help support your journey for better sleep.
* [Employee Assistance Program](https://sfhss.org/eap): Your mental and emotional health can affect how well you sleep; reach out to EAP for support.

**Additional Resources:**

* [SFHSS Events Calendar](https://sfhss.org/events)
* Tips That Can Help [First Responders](https://www.firstresponder-wellness.com/first-responders-are-not-getting-enough-sleep/) and [Shift Workers](https://sleepeducation.org/docs/infographics/sleepworksforyou_8x11_infographic_18.pdf) Get Better Sleep
* CredibleMind [Sleep Better Series](https://sfhss.crediblemind.com/series/sleep-better)
* [HelpGuide Bedtime Meditation](https://www.helpguide.org/meditations/bedtime-meditation-for-sleep.htm)

**Learn More at** [**sfhss.org/sleep-campaign**](https://sfhss.org/sleep-campaign)

Thank you,

[Add Champion Name(s)]