**Department/Champion Email Template**

**Send email the week of 2/24**

**Email Subject:** March isSleep Awareness Month

**Icon

AI-generated content may be incorrect.**

**Dear Colleagues,**

**Prioritize Your Sleep, Support Your Mental Health**

Sleep is more than just rest—it's essential for your mental health and well-being. Poor sleep can affect your mood, increase stress, reduce focus, and even contribute to anxiety and depression over time. The good news is that small changes to your daily habits can lead to significant improvements.

**Join the** [***Sleep for Better Health Campaign***](https://sfhss.org/sleep-campaign) **this March** to discover how you can improve your sleep and boost your mental well-being. Through expert-led programs, practical resources, and simple strategies, *Sleep for Better Health* will help you improve your sleep and overall well-being.

**How To Get Involved:**

* **Healthy Sleep Program**: A 4-week series with a Lifestyle Coach designed to help you develop healthier sleep habits. [Register today!](https://wellness-event.kaiserpermanente.org/signup/sfhss)
  + Starts Tuesdays, March 11, 12:00–1:00 PM & 5:30–6:30 PM
* **Small Group Coaching**: Receive personalized support in a small group setting to improve sleep, manage stress, and create balance. Two sessions are available, [sign up today, space is limited](https://wellness-event.kaiserpermanente.org/signup/sfhss)!
  + March 13 and March 20, 12:00–1:00 PM
* **Live Webinars and Workshops**:
  + 3/6 – [Sleep Your Way to Better Health](https://sfhss.org/event/webinars/sleep-your-way-better-health)
  + 3/20 – [Sleep: An Essential Component of Health and Well-Being](https://sfhss.org/event/webinars/sleep-essential-component-health-and-well-being)
  + 3/24 – [Bedtime Routines for Adults](https://sfhss.org/event/bedtime-routines-adults)
  + 3/26 – [Mindful Nutrition and Sleep Hygiene: Unlocking the Link Between Diet, Sleep and Brain Health](https://www.eventbrite.com/e/mindful-nutrition-and-sleep-hygiene-tickets-1245253931029?aff=oddtdtcreator)

**Visit** [**sfhss.org/events**](https://sfhss.org/events) **for more events and activities.**

**Take the First Step Toward Better Sleep:**

* Complete a [Sleep & Mental Health Assessment](https://sfhss.crediblemind.com/assessments/hows-your-sleep-quality/page1)
* Discover practical [sleep tips and tools](https://sfhss.org/sleep-campaign)
* Access [well-being resources](https://sfhss.org/Using-Your-Benefits/using-your-benefits-employees) from Health Net CanopyCare, Kaiser Permanente, Blue Shield CA, and [CredibleMind](https://sfhss.crediblemind.com/)
* Reach out to [SFHSS EAP](https://sfhss.org/EAP/eap-employees) for mental health support

Start your journey to better sleep at [sfhss.org/sleep-campaign](https://sfhss.org/sleep-campaign).

Thank you,

[Add Champion Name(s)]