



Sleep for Better Health Campaign

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2/13/2024



Agenda

1. W@W Program Updates
2. Sleep and Your Well-Being
3. Sleep for Better Health Campaign
4. Next Steps





Well-Being@Work Updates

- Schedule Q3 Check-in with your Coordinator in March
- Work on completing Annual Plans
- Spotlight submissions
- Reminders about activities and fruit requests
- Department kayaking requests



Simon Bhangal, BS

Simon Bhangal is a dynamic Health Educator with many years of experience dedicated to empowering individuals and communities to lead healthier lives. Holding a B.S. in Health Education from San Jose State University School of Public Health, he specializes in translating complex health concepts into accessible, actionable guidance. Simon has delivered engaging workshops and seminars on various topics, advocating for well-being, and is known for his ability to connect with diverse audiences. Beyond leading workshops and speaking engagements, he actively engages in community outreach and advocacy. Simon brings an inspiring message of health and wellness, motivating individuals to take charge of their well-being and make lasting changes.





Sleep and Your Well-Being

Presented by Simon Bhangal
Kaiser Permanente





Sleep for Better Health Campaign

March 2024





What is the Sleep for Better Health Campaign?

1. Get Informed

Learn about the science of sleep and take an assessment to find out your sleep quality.

2. Get Support

Join a healthy sleep program or access support through your SFHSS benefits.

3. Practice Makes Progress

Consistently practicing good sleep hygiene can make a difference



Get Informed

We encourage everyone to learn about the science of sleep and take an assessment to determine your sleep quality.

The Science of Sleep

Learn exactly what's at work in our bodies and brains when we sleep.

Sleep Assessment

Find out how your sleep quality has been over this past month.



Get Support

Access support through your SFHSS programs.

Healthy Sleep Program

Learn how bedtime habits and thinking patterns affect sleep and how to change them.

1:1 Healthy Sleep Coaching

Discuss and set goals to support good sleep hygiene, a positive work-life balance, or managing stress.



Get Support Healthy Sleep Program

Led by a Lifestyle Coach. Learn how bedtime habits and thinking patterns affect sleep, and how to change them.

- Free
- 2 Cohorts
- 4 weeks
- Online

Start Dates:

- Mondays, 3/11, 5:30pm-6:30pm
- Tuesdays, 3/12, 12pm-1pm

[Register Today!](#)



Get Support Healthy Sleep Coaching



Check-in with a [Lifestyle Coach](#) to discuss and set goals to support good sleep hygiene, a positive work-life balance, or managing stress.

- Free 20-Minute Appointments
- Appointments: April 2, 3, 4, 9, 10 & 11 (10am-2pm)
- Space is Limited
- Virtual Teams Platform
- [Schedule Today!](#)



Program Registration Webpage

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RETURNING USERS: [Log In](#) | [Forgot My Password](#)

Create an Account

Unless you opt-in to receive additional information, we will use your email only to send notices related to wellness events for which you've registered, and to invite you to take an online satisfaction survey.

Email (required)

First Name (required)

Last Name (required)

Birthday (required)

Gender (required) Male Female Non-Binary

Phone (required)

Are you a Kaiser Permanente member? (required)
 Yes No

Department

[Save & Continue](#)

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HEALTH RESULTS | REGISTER FOR A WELLNESS EVENT | Jane Doe

1:1 Healthy Sleep Coaching
 Sign up for a 1:1 Healthy Sleep Coaching. This is a virtual event (Teams link will be shared in a follow-up email after registering).
[Choose Event](#)

Healthy Sleep Program
 Sign up to join the Healthy Sleep Program (cohort). This is a virtual event (Teams link will be shared in confirmation email).
[Choose Event](#)

[Know your numbers](#)

[Create healthy habits](#)

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Program Registration Details



Healthy Sleep Program:

- Registrants for the “Healthy Sleep Program” Cohort Series will receive the MS Teams meeting link in the confirmation email. They will also receive an email from Southbay-Worksite-Wellness@kp.org with additional information for the program, along with a link to the participant pre-survey.
 - Registrations will close for both cohorts on Friday, March 8th at 4:30pm
 - Contact carol.x.li@kp.org if any issues with registration



Healthy Sleep Coaching:

- Registrants for the 1:1 virtual Healthy Sleep Coaching will receive an email from health-coaching@kp.org with their individual MS Teams meeting link. This will be conducted via Teams where participants can choose to have their video on or off.



Practice Makes Progress

Implementing the tools and strategies that you learn regularly, can have a huge impact on your sleep.



Sleep Hygiene Tips

- Just like any other part of basic self-care, your sleep behavior could also benefit from hygiene. Use this helpful Sleep Hygiene Tool to support your journey.



CredibleMind

- Explore a curated list of strategies and resources that help support better sleep.



SFHSS Events Calendar

- Access webinars and workshops to learn about tools, strategies, and resources to support sleep hygiene.



Employee Assistance Program

- Your mental and emotional health can affect how well you sleep; reach out to EAP for support.



Campaign Communications



Citywide Emails

- February 26 – Campaign Intro
- March 4 – Get Support
- March 18 – Practice Makes Progress



Promotional Materials

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

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.
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 webinar 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](https://sfhss.org/sleep-campaign) to explore more offerings.

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM sfhss.org/sleep-campaign

Sleep for Better Health Flyer

sleep for Better Health

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 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 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:** 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:** Check in with a *Lifestyle Coach* 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:** Explore well-being resources and programs that can help support your journey for better sleep.
- Employee Assistance Program:** Your mental and emotional health can affect how well you sleep; reach out to EAP for support.

Additional Resources:

- [SFHSS Events Calendar](#)
- [Tips That Can Help First Responders and Shift Workers Get Better Sleep](#)
- [CredibleMind Sleep Better Series](#)
- [UCLA Guide: Bedtime Meditation](#)

Learn More at sfhss.org/sleep-campaign

Thank you,
[Add Champion Name(s)]

Champion Email Template

Sleep For Better Health

Poor sleep can affect both physical and mental health as well as your overall well-being. When it comes to improving your sleep, it can be hard to know where to start. Take steps to *Sleep for Better Health* this month. Improve your quality of sleep by learning about the importance of good sleep hygiene, joining a support program, and creating a routine that works for you.

Get started today to improve your sleep:

Step 1 GET INFORMED: Learn about the science of sleep and take an assessment to find out your sleep quality.

Step 2 GET SUPPORT: Join a healthy sleep program or access support through your benefits.

Step 3 PRACTICE MAKES PROGRESS: Consistently practicing good sleep hygiene can make a difference.

Step 1: Get Informed
Being informed about your sleep puts you in the best position for quality sleep. Why is sleep important? It's no secret that sleep matters – when it comes to your health, adequate sleep can help you with a lot of things. It can help you think clearly, make good decisions, and stay motivated. If you don't get enough sleep regularly, you could also be increasing your risk of developing chronic conditions, such as heart disease, mental health problems, obesity, and type 2 diabetes.

Take the following steps to start your journey to better sleep:

1. Watch The Video: How Sleep Works - Understanding The Science of Sleep
Learn exactly what's at work in our bodies and brains when we sleep.

2. Take A Sleep Assessment
Find out how your sleep quality has been over the past month.

Step 2: Get Support
So how do we improve our ability to get sleep? We can train our brains to sleep better. Sleep hygiene means going through a routine that helps you be able to fall asleep. Having a regular sleep hygiene means having both a bedtime environment and a sleep routine that promotes consistent, uninterrupted sleep. Join a program or access your health plan benefits and get the support you need to develop good sleep hygiene.

Sleep for Better Health Website

sleep for Better Health

ARE YOU GETTING GOOD SLEEP?

NOT ENOUGH SLEEP
In the U.S., 3 in 10 working adults sleep 6 hours or less in a 24-hour period.

HEALTHY SLEEP
Increases

- Concentration
- Attention
- Creativity
- Social skills
- Insomnia
- Energy

 Decreases

- Mood swings
- Stress
- Irritability
- Impulsiveness
- Accidents
- Drumming

LACK OF SLEEP

40 Million Americans
According to the National Sleep Foundation at least 40 million Americans suffer from a sleep disorder. Failing to get enough sleep can have both short-term and long-term effects, reduced performance at work, and cause irritability or depression.

36%
Sleep-deprived employee made more errors at work compared to the non-sleep-deprived.

\$411,000,000,000
CDC reports 1.2 million lost working days and up to \$111 billion out to the economy each year because of insufficient shift-ys.

70%
Sleep deprivation increases the likelihood of a workplace accident by 70%.

HEALTH RISKS
Poor quality sleep is one risk factor that can contribute to cardiac rhythm disorder, hypertension, chronic headaches, restless leg syndrome, mental acuity issues, irritability, and attention deficit-hyperactivity disorder.

Sleeping Six (6) hours or less increases risk for:

Obesity	21%	Stroke	22%	Diabetes	25%	Heart Disease	35%
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WARNING SIGNS

- Start to doze off while driving.
- Forgetful or make mistakes.
- Feeling fatigued or lack of energy.
- Rely on caffeine to stay awake.
- Feeling irritable, cranky, or snippy.
- Getting sick frequently.

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM sfhss.org/sleep-campaign

Sleep Fact Sheet



March Well-Being Activities



- 3/6 - Sleep: An Essential Component of Health and Well-Being
- 3/13 - Breathing Techniques To Relieve Stress & Improve Health
- 3/19 - Bedtime Routines For Adults
- 3/28 - Prioritizing Rest & a Good Night's Sleep
- Tues & Thurs (online), 3:00pm-3:20pm - Mindfulness & Meditation



Campaign Resources

- [RECHARGE](#)
- [CredibleMind Sleep Series](#)
- [Using Your Benefits](#)
- [HelpGuide Meditations](#)
- [Shift Workers/First Responders Resources](#)



Host Department Led Activities

Ideas on implementing activities:

- Use the RECHARGE toolkits (Create a RECHARGE Space, Walking to RECHARGE, Instant Recess)
- Promote “Quiet Rooms”
- Create a Sleep for Better Health resource table with handouts, tea packets, coloring books, journals, etc.
- Encourage employees to complete the CredibleMind Sleep Series
- Lead meditation mindfulness breaks
- Request incentives and/or fruit to help support your activities (2 weeks advance notice)



Next Steps



1. Promote the campaign website, sfhss.org/sleep-campaign.
2. Download and share campaign promo materials:
 - [Sleep for Better Health Flyer](#)
 - [Sleep Hygiene Tips Flyer](#)
 - [Champion Email Template](#) – Send email first week of March
3. Request SFHSS-sponsored activities to support the campaign and/or host department-led activities.
4. Key Players training materials visit, sfhss.org/training_sleepcampaign



Sleep Well!