

Sleep for Better Health Campaign

Julisa Nunez, Well-Being Program Educator Lisa Ocampo, Well-Being Program Coordinator 2/13/2024



Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

sfhss.org/sleep-campaign



Agenda

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





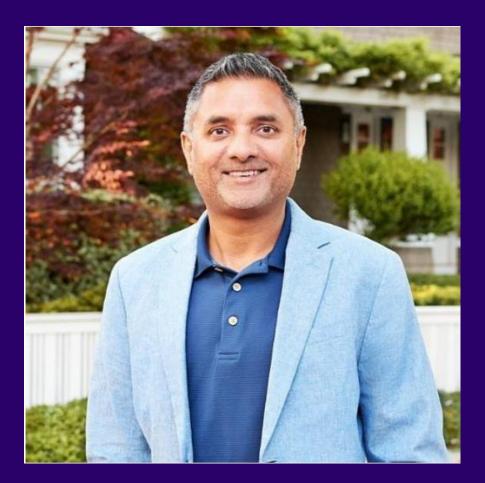
Well-Being@Work Updates

- 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 <u>Lifestyle Coach</u> 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!



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Program Registration Webpage

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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 <u>Southbay-Worksite-</u> <u>Wellness@kp.org</u> 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 <u>carol.x.li@kp.org</u> if any issues with registration



Healthy Sleep Coaching:

Registrants for the 1:1 virtual Healthy Sleep Coaching will receive an email from <u>health-coaching@kp.org</u> 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.



• 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 pights slee

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

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/skep-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.)

sfhss.org/sleep-campaigr

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

Better Every Day.

Sleep for Better Health Flyer



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 <u>Sleep for Better Health</u> campaign will help you understand the importance of getting healthy sleep, infroduce programs and resources, and provide the tools to build a healthy sleep routine.

This month, ygy[] receive emails with programs, resources, and activities to help your journey to get better sleep. Get started today and visit sthes 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

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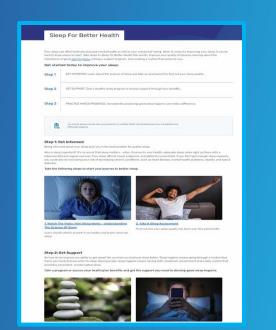
Employee Assistance Program: Your mental and emotional health can affect how well you sleep, reach out to EAP for support.

Additional Resources:

 SEHSS Events Calenda Tips That Can Help First Responders and Shift Workers Get Better Sleep CredibleMind Sleep Better Series HelpGuide Bedtime Meditation

Learn More at sfhss.org/sleep-campaign Thank you,





Sleep for Better Health Website



Sleep Fact Sheet



March Well-Being Activities



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





Campaign Resources

<u>RECHARGE</u>

- CredibleMind Sleep Series
- Using Your Benefits
- HelpGuide Meditations
- <u>Shift Workers/First</u>
 <u>Responders Resources</u>



Host Department Led Activities

Ideas on implementing activities:

- Use the <u>RECHARGE toolkits</u> (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 <u>CredibleMind Sleep Series</u>
- 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:
 - <u>Sleep for Better Health Flyer</u>
 - Sleep Hygiene Tips Flyer
 - <u>Champion Email Template</u> 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!