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## Better Sleep

There Is Good News When You Snoozzzzzzzze

We all know sleep is essential, but we don't always make a priority. Educate yourself about how to get better sleep to avoid fatigue, health problems and errors.

Log in to the Well-Being Center and search "sleep health" for information like sleep assessments, sleep disorders, relaxation tips, and tools to build better sleep habits.

### X MYTHS X

- Alcohol before bedtime helps you fall asleep.
- Snoring is harmless.
- I'm fine with five hours of sleep.
- Falling asleep quickly is good.

Select your organization's name to register for the Well-Being Center.

Your Employee Assistance Program (EAP) is paid by your employer. You and your household members are automatically covered. No health insurance is needed to participate. To speak to an intake specialist, call 800-968-8143. Services are confidential. First Sun EAP does not sell your personal information to third parties.

