Wake Up!

This month, we’re taking on sleep, or, lack of sleep. If you’re like most people, you could probably use another hour or two of rest. While we can’t promise you’ll sleep better after reviewing our content, at least you’ll have a greater understanding of the importance of sleep.

Share this content with your colleagues so they can understand the importance of sleep, too!

**Poster:** Print out and post our Better Sleep Checklist. Try to check all the boxes every night for a week and see if it helps you sleep more soundly.

**Recipe:** Some foods have ingredients that can help promote sleep. This month’s recipe is a tasty Turkey Pesto Wrap. You may find yourself drifting off after you eat this!

**Brain Game:** Just clearing your mind can help you fall asleep. Print out this month’s game and challenge yourself to find all the Sleep Health words we’ve hidden.

**Podcast:** Listen to our podcast on Total Relaxation just before bed and you may find yourself drifting off for the whole night. Download it straight to your computer or smartphone.

**Coach Clip:** Are you nuts for a good night’s sleep? Coach Heather offers some information about Eating Almonds that might surprise you.

**90-second Video:** Our Clinical Specialist, Michael Dettner talks about Snoring. Watch the video and you may find some eye-opening information in a short amount of time. Click below to watch!

Keep an eye out for next month’s Health Kit, which is all about Getting Outside!

Here’s to a healthy and restful May for all of us!