

# Are you getting the sleep you need?



Sleep Habit Management Coaching from LifeWorks can help.



Harvard Medical School's Division of Sleep Medicine calls sleep the "third pillar of good health." Researchers agree that sleep matters as much to our overall well-being as a healthy diet and regular exercise. However, many of us don't get the sleep we need. Fatigue and chronic sleep deficiency compromise job performance and productivity; increase the likelihood of mistakes and errors in judgment; affect focus; and contribute to moodiness and irritability.

If you're struggling to get the restorative sleep you need, Sleep Habit Management Coaching – one of the specific health & wellness coaching modules from LifeWorks – can support you with tools and information to improve sleep and mitigate the effects of sleep deficiency. The desired outcome is to enhance the quality and/or quantity of the sleep you're getting, resulting in improved life functioning and increased satisfaction.

## **Sleep Habit Management Coaching is:**

- Ongoing, individualized support from a qualified health coach.
- A program that will help you examine your sleep habits; identify personal barriers and obstacles to sleep; and set realistic, achievable objectives for lasting change.
- Information to help you understand and adopt habits that support healthy sleep –and to change those that don't.
- Practical strategies acquired through the accompanying workbook and additional resources.

Increase your chances of success and the likelihood of long-term maintenance. Take the first step on your sleep health journey today, with professional support from the Sleep Habit Management Coaching program.

In addition to topic-specific modules, LifeWorks Health & Wellness Coaching also includes Ask a Coach, a single session approach. The purpose of this unique option is to address questions that do not fit into one of the traditional coaching programs.

## **Find out more:**

**Web app:** Click on "Life" in the top navigation then click on "Support and Resources." Scroll down to the "Quick Links" section and click on "LifeWorks Health Coaching".

**Mobile app:** Click on "Life" in the bottom navigation. Scroll down to the "Quick Links" section and click on "LifeWorks Health Coaching".