

Are you getting the sleep you need?

Sleep Habit Management Coaching from TELUS Health can help.

If you're struggling to get the restorative sleep you need, Sleep Habit Management Coaching – one of the specific health & wellness coaching modules from TELUS Health – 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:

- 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
- Supported by accompanying resources and tools to help you acquire practical skills for achieving and maintaining healthy sleep

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.

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 "TELUS Health Health Coaching".



Mobile app

Click on "Life" in the bottom navigation. Scroll down to the "Quick Links" section and click on "TELUS Health Health Coaching".