

Unlock Your Best Self with HealthyLife® Sleep

Tired of tossing and turning? Does lack of sleep leave you feeling unproductive and foggy during the day?

HealthyLife® Sleep is a comprehensive program designed to empower you with the tools and skills to make meaningful, lasting changes to your sleep habits.

In this eight-week course, you'll learn how to identify and modify factors that harm your sleep and sap your daytime energy. You'll be guided in a step-by-step way, connecting evidence-based strategies to your sleep issues, lifestyle, and goals.

What to Expect

Each week, you'll engage in a one-hour live group discussion, supplemented by handouts and journal prompts. This active learning approach, combined with a supportive community, helps you build a foundation for success.

Your Journey:

- **Sleep Assessment:** Take a snapshot of your current habits, from sleep duration and quality to your sleep environment and daily stressors.
- **Goal Setting & Action Planning:** Learn how to approach lifestyle changes with a positive attitude, set achievable goals, and create "if-then" plans to overcome obstacles.
- **Training Your Body to Sleep:** Utilize cognitive-behavioral therapy strategies to limit time in bed for improved sleep drive, create consistent routines, and manage schedule changes.
- **Improving Sleep Hygiene:** Make simple, step-by-step changes to your bedroom environment and daily habits, including managing light exposure, caffeine, and exercise timing.
- **Stress Management:** Practice techniques to handle daily stressors that can interfere with sleep, such as mindfulness, problem-solving, and relaxation.
- **Building Social Support:** Learn how to communicate your needs to family and friends and build a supportive "home team" to boost your success.

Better sleep can lead to better alertness, creativity, a greater sense of well-being, and reduced health risks. Take control of your rest and reclaim your days.

[**Register for HealthyLife® Sleep today!**](#)