

Time to Sleep Well

**TALK TO A WELLNESS COACH ABOUT A
PERSONALIZED PLAN TO IMPROVE YOUR SLEEP.**

A wellness coach can help you improve your sleep habits with the Time to Sleep Well program. This program will teach you strategies and techniques to help you sleep better, including:

- Understanding your sleep patterns.
- Identifying areas for improvement.
- Creating a better sleep environment.
- Eating better, exercising, and coping with stress.
- Managing sleep disruptions from travel and shift work.



Each week, you'll set small goals that will help you achieve better sleep.

You'll work closely with a personal wellness coach who will help you set realistic goals and try new techniques tailored to fit your lifestyle. As you work with your coach, you'll schedule follow-up sessions to discuss your progress and challenges that may come up. Questions along the way? Your coach is always available to you.

A good night's sleep helps to:

- Improve your problem-solving skills and memory.
- Complement the efforts you make during the day to lose weight.
- Lower your risk for high blood pressure, stroke, and type 2 diabetes.

**Call 1-800-650-8442 to get connected with a coach,
Monday – Friday, 8:30 a.m. – 7:30 p.m. ET,
or visit HighmarkHealthCoachBCBS.com to learn more.**

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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