

# READY TO SLEEP BETTER?

Learn How ... With the Time to Sleep Well Program



Are you downing caffeine to make it through the day? ☹️ Staying up late because of a busy schedule? ☹️ Having trouble falling asleep and staying asleep? ☹️ Working the night shift? ☹️ Finding it difficult to concentrate at work?

We can help you get the sleep you need with **Time to Sleep Well**. This program is a skills-building course designed to help you make changes to improve your sleep.

Through the program, you will learn 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.

## HOW TO PARTICIPATE

You have two options for completing the program:

1. **By phone:** You can work closely with a wellness coach to explore the program's materials, try new techniques and discuss your progress. This option includes four weekly calls and two follow-up calls with your coach.
2. **Self-study:** You can also choose to work through the program at your own pace. You will get a workbook to use as a guide. If you have questions or challenges, you can call your coach.

## HOW TO ENROLL

Enjoy the benefits of a good night's sleep. For more information or to enroll, call Blues On Call<sup>SM</sup> at **1-888-258-3428**.

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## What's Your Reason for Sleeping Better?

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

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
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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