



# Struggling to get a good night's sleep?

## How LifeWorks Can Help

The Harvard Medical School Division of Sleep Medicine says that sleep is one of the “three pillars of good health,” and is just as important to well-being as healthy diet and exercise. Many of us are not aware of the physical, mental, and emotional effects of sleep deficiency: errors, accidents, impaired decision-making, mood shifts, an increased risk of mental illness, increased risk of obesity and Type II diabetes, and more. Unfortunately, many of us do not get the quality or quantity of sleep we need to function at our best. LifeWorks can help!

Maybe you're having trouble falling asleep, or you're waking up in the middle of the night and unable to fall back asleep. Maybe you're staying up late regularly to study or work and suffering the next day, or you're tired every day no matter how much sleep you get.

Contact LifeWorks any time, 24/7, to speak confidentially with a professional consultant who can offer strategies to help you get better sleep, cope with the effects of fatigue, and even identify symptoms of a possible sleep disorder. You can also log in any time to [login.lifeworks.com](https://login.lifeworks.com) to access helpful online articles and resources, including:

- Sleep Well toolkit
- Sleep, Health & Work (podcast)
- Articles, such as: Getting the Sleep You Need if You Work Nights, Napping Tips to Improve Focus and Performance; Ten Tips for Getting a Good Night's Sleep; Sleep Apnea

Log in any time to [login.lifeworks.com](https://login.lifeworks.com)

User ID:

Password:

Contact LifeWorks toll-free, 24/7:



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