

# **STRUGGLING WITH SLEEP,** STUCK IN A CYCLE OF INSOMNIA?

When you have insomnia, you already know that you'll have trouble sleeping - and that's part of the problem. For most, insomnia is a self-fulfilling prophecy. The good news is that you can change that.

A woman with curly hair is sitting on a bed, holding her head in her hands, looking distressed. She is wearing light blue pajamas. The bed has a white headboard and a patterned blanket. A bedside table with a lamp is visible on the left.

Online Lifestyle Interventions

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# The LivingWellRested™ Sleep Program

The quality of your sleep affects just about every aspect of your life. Your job, relationships, sense of well-being, and health all suffer when you aren't sleeping well.

It's simple: when your quality of sleep drops, so does your quality of life.

Imagine having peace of mind when you go to bed that you'll fall asleep quickly, sleep deeply, and wake up feeling refreshed and revitalized. This is what LivingWellRested will help you achieve.

## How it works

LivingWellRested addresses the mental and the physical causes of insomnia to solve the root of your sleep troubles. When you take LivingWellRested, you will:



### ELIMINATE NEGATIVE, ANXIOUS THOUGHTS

Insomnia is often driven by thought patterns and beliefs that create anxiety and stress. You will identify them and learn to turn them off.



### ADJUST YOUR BODY'S INTERNAL CLOCK

Right now, your sleep schedule and your internal clock are out of synch. You'll adjust your internal clock so your body will recognize when it's time to go to sleep.



### BECOME A SOUND SLEEPER

Your mind and body will be returned to how they were before you developed insomnia, so you can sleep soundly.

Here's the main point: once you complete the course, you will no longer struggle with insomnia.

## The Details

LivingWellRested is made up of 8 online video-based sessions, each split into short segments. Log on privately and conveniently, 24/7, via internet-enable PC, tablet or smartphone. Follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments. It's that simple.

To register, visit your wellness portal