

Why you should consider Enrolling in the R.E.S.T. Program (Restoring Employee Sleep-Time)

SLEEP STRATEGIES WILL HELP WITH



Reduce your risk of heart disease, diabetes and other chronic conditions.




Improve your working and personal relationships.



Increase your daytime energy.



Facilitate deeper sleep at night.



Consistent, good quality sleep occurs when there is a strong sleep drive and a consistent sleep/wake schedule in place.



This course is designed to target sleep-disruptive thoughts, beliefs and sleep habits that keep insomnia going.



The American College of Physicians stated that "All adult patients should receive CBT-I as the first step in treating chronic insomnia."

PROGRAM OBJECTIVES



Learn the science of sleep and causes of insomnia, practice relaxation therapies.



Learn and apply insomnia therapies (Sleep Drive; Clock System, and Arousal).



Design a sleep schedule to improve sleep efficiency and daytime functioning.



Modify beliefs about sleep using cognitive techniques to reduce sleep anxiety.

You will learn how to change your behavior so you can begin to **get the rest you want.**