

# Better sleep, better you

Did you know that you spend nearly one-third of your life asleep? March is National Sleep Awareness Month and an excellent time to learn about and practice proper sleep hygiene. Start implementing healthy sleep habits this month to wake up refreshed, focused and ready to conquer the day.

Your program offers various resources, including 24/7/365 in-the-moment phone support, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



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app today!



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