

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1 and PART 2** are where we recommend separating the content if you wish.

PART 1 Subject of the email “Why can’t I fall asleep?”

We all know that sleep is important, but sometimes we may have a lot of trouble getting the amount of zzzs we know we need. Many things can make it harder for you to sleep, including:

- Stress or anxiety
- Pain
- Certain health conditions, like heartburn or asthma
- Some medications
- Caffeine
- Alcohol and other drugs
- Untreated sleep disorders, like sleep apnea or insomnia

If you’re having trouble sleeping, try making changes to your routine to get the sleep you need. You may want to:

- Change what you do during the day. Getting your physical activity in the morning instead of at night may help.
- Create a comfortable sleep environment. Make sure that your bedroom is cool, dark, and quiet.
- Set up a bedtime routine. Going to bed at the same time every night, as well as a calming routine like reading, doing a meditation or taking a bath, may also help your body know that is time to sleep.

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some tips on moving throughout the day.

JUST ONE THING: Go to bed at around the same time every day, including weekends.



PODCAST – Prescription for Life

The Prescription for Life Podcast features Bellin Health experts addressing the six pillars of our Lifestyle Medicine service.

This month, Bellin Health RN, Brittany Kurtz, talks about some tips for better sleep and why it benefits us. ***NOW AVAILABLE IN VIDEO***. Listen and watch on



or  and subscribe, like and share!

PART 2 Subject of the email “Why is getting enough sleep important?”

Yes, we know that sleep feels really good. Well there is a reason for that. It is because getting enough sleep benefits your body in so many physical and emotional ways. Getting enough sleep has benefits including:

- Get sick less often
- Stay at a healthy weights
- Lower your risk of serious health problems, including diabetes and heart disease
- Reduce stress and improve your mood
- Think more clearly in school or at work
- Get along better with people
- Make good decisions and avoid injuries. For example, thousands of car accidents every year are caused by drowsy drivers.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Licensed Behavioral Health Therapist, Pam Baranczyk. Pam shares with us how having a growth mindset has amazing health benefits for us. Listen now and pass along to others who may need help managing stress in their lives.

ALSO AVAILABLE IN PODCAST FORMAT. [LISTEN HERE](#)

Mental Health Moments Webinars are held on the **second Thursday of the Month at 1 p.m.**, featuring mental health experts from Bellin.

Let us know how we can help you or your organization integrate these healthy living tips. You can reach me at wellnessconsultant@bellin.org or at **920.436.8668**. Also, please follow our social media pages for more content throughout the month.



Looking for ways to engage your teams in wellbeing? Reach out to me for a personalized presentation.

Linda Golik, NBC-HWC
Health & Wellbeing E-marketing Strategist
Master Change Agent
Business & Community Health
Bellin Health
744 S Webster Ave, Green Bay, WI 54301
(920) 436-8668
linda.golik@bellin.org