

# SLEEP BASICS

## The ABCs of Getting More Zzzz's



March 2021

### **SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.**

The studies are piling up – better health starts with good sleep. While you rest, your body is completing vital tasks that help you stay healthy and function at your best. A few simple changes in your bedtime approach can end nighttime tossing and turning.

Halcyon provides confidential counseling, resources and referrals to help you sleep easier and boost overall health.

### **WEBINAR**

Sleep Basics  
Available March 1, 2021  
Located in the Monthly Feature Tile

Learn how to improve your environment and establish daily habits that promote better sleep.



Halcyon  
EAP

### **PHONE**

1-888-HAL-4800 (425-4800)  
Confidential Assistance  
24 Hours a Day, 365 Days a Year

### **WEB**

[www.halcyoneap.com](http://www.halcyoneap.com)

### **MOBILE**

