



# Better sleep, better health

## Why is sleep important?

Whether you are on the job or off the clock, the quality, timing, and duration of your sleep is directly tied to your overall wellbeing. Although we live in a society that praises productivity, when you cut back on sleep you are actually making it harder to be productive and efficient.

The quality of your sleep impacts your physical, mental, and emotional health. Taking steps to improve your sleep can lead to:

- Improved learning and performance in daily activities – sleep helps your brain make memories.
- A healthier body – sleep helps you maintain a normal immune system.
- Increased alertness throughout the day – sleep increases your ability to focus and improves reaction time.
- Improved mood regulation – sleep can help you feel less irritable and lead to improved interpersonal relationships.
- Improved decision-making – sleep is linked to reduced risk-taking behaviors, such as drug use and self-harm behaviors.
- And so much more!

## Ready to improve your sleep?

Luckily, you can take steps to get better sleep and stay healthy. Getting enough exercise is a good place to start. [Exercise helps improve mental health, tires you out, and can improve your quality of sleep.](#)

- Aim for 30 minutes a day / 5 days a week of moderate exercise
- At least 2 days a week of strengthening muscles
- Ask your doctor for the best workout routine for you

### Turn your bedroom into a *dreamy* oasis.

- Make your bedroom comfortable and free from light and noise
- Keep your bedroom at a comfortable temperature during the night
- Try not to take your worries to bed

### Strategically plan your meals, snacks, drinks, and medications.

- Eat regular meals - do not go to bed hungry
- Avoid excessive liquids in the evening
- Cut down on all caffeine products
- Talk to your doctor about how your medications may be impacting your sleep

## Still struggling to get refreshing sleep? You're not alone

Although establishing healthy sleep habits is a good place to start, for many it is not enough. As many as 70,000 people in the United States have a sleep disorder and behavior change alone cannot fix the underlying problem. If you continue to feel dissatisfied with your sleep and are feeling tired throughout the day, it's time to seek help! Check out the Wake Up and Learn website for additional resources. Completing the Wake Up and Learn sleep surveys and completing a sleep diary can make it easier to talk to your doctor about your sleep.



**1 in 5**  
people in the  
**United States**  
have a  
**sleep disorder**

# What is Wake Up and Learn?

This Geisinger program highlights the critical role sleep plays in healthy living at every stage of life.

- **Free educational videos and resources** are available on the program website to help answer the questions you have about sleep and why it's important.
- **Free sleep assessments** provide real time feedback on your sleep and identifies areas for improvement. You can then work with your doctor to get connected with the care you need to get more satisfying sleep and be physically, mentally and emotionally well.

Wake Up and Learn aims to help people improve their overall wellbeing by leveraging the power of healthy sleep. The feedback you receive when participating in this voluntary program is meant to support you in making decisions about your health.

Your confidentiality is important to the Wake Up and Learn team. Individual responses to the sleep assessments are not shared with your school. Only high-level, aggregate numbers are shared with your wellness program so they can identify areas where employees may need more support.

**Find out more about Wake Up and Learn at [geisinger.org/wual](https://www.geisinger.org/wual)**

# How does it work?

## Quick sleep check

Free on-line sleep assessments can be completed in minutes and let you know immediately if you are at high risk for a sleep problem.

**Scan this QR code to take the survey on your phone**



## Sleep specialist review

If the initial sleep assessment shows there is room to improve your sleep, you have the opportunity to complete a more detailed on-line sleep survey. Your responses will be reviewed by a sleep specialist.

## Personalized feedback

After taking the detailed sleep survey, you will receive a personalized recommendation letter outlining potential sleep problems and common methods for diagnosis and treatment. Although we encourage you to share this information with your doctor, there is no obligation to seek care based on this feedback.

## Help connecting with care

The Wake Up and Learn team will provide you with a list of sleep specialists in your areas if you are interested in pursuing care.

## Free tools and education

Educational resources and sleep-related health tools are available on the Wake Up and Learn website and during periodic presentations and events.