



Optimize your health with better sleep:
**CELEBRATING NATIONAL
SLEEP AWARENESS**

Celebrate National Sleep Awareness by prioritizing sleep and throwing out unhealthy habits—like going to bed too late and relying on caffeine. Sleep your way to better health and never underestimate the power of a good night's rest.

**IMPROVE YOUR SLEEP HYGIENE FOR BETTER
HEALTH AND WELL-BEING**

Is sleep eluding you? It might be time to check your sleep hygiene! From developing a sleeping schedule to making sure your environment is just right—your behaviors during the day and at bedtime can affect your quality of sleep.

Get the best sleep of your life by making a few tweaks.

- Set a sleep schedule and nightly routine
- Practice healthy eating and exercise habits
- Turn off electronic devices before you go to sleep
- Limit your caffeine intake
- Create a relaxing, disruption-free sleep environment

**DISCOVER THE BENEFITS
OF QUALITY REST**

Did you know that practicing good sleep hygiene can have a big impact on your health? So go ahead and practice some sleep hygiene tonight—your body will thank you in the morning.

Not getting enough quality rest can cause a laundry list of ailments, including:

- Poor focus
- Irritability
- Obesity
- Depression
- Increased risk of serious diseases like stroke and diabetes



It's time to get some
much needed rest

IS STRESS KEEPING YOU UP AT NIGHT?

The more you worry, the more trouble it will be to shut off your brain and get some much-needed rest.

Not sure if stress is affecting your sleep? Ask yourself the following questions:

- **Do I have trouble turning off my brain when I'm preparing for sleep?** If you have repetitive thoughts and you don't feel like you can shut them down, you're likely experiencing stress-related sleep problems.
- **Are my muscles tense as I try to get to sleep?** Headaches, back pain and tension in your neck or shoulders could be due to stress, which can lead to poor sleep.
- **Is my heart racing as I lie in bed and try to go to sleep?** A racing heart is associated with high cortisol levels and can lead to more muscle tension and prevent you from falling asleep.

For more extensive guidance and support for healthier sleep, we encourage you to consider enrolling in the insomnia program at learntolive.com/partners or download the app (use the code **BLUEND** or the code from your employer) to get started. If you're already a member, log into your account to continue or start a new program.

This program is included in your health plan and offered to all employees and family members (ages 13+) at no cost!

Sources: The Sleep Foundation, Sleep Cycle Center, Mayo Clinic



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

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