



# Employee Well-being Monthly Tip Sheet

February 2024

## Sleep Awareness Month

Sleep Awareness Month is a reminder of the crucial role sleep plays in how we feel and perform daily. To prioritize our health and optimal well-being, one of the initial areas to concentrate on is our sleep. Integrate intelligent and healthy practices into your daily life to establish a more effective sleep routine. This tip sheet is designed to highlight the importance of quality sleep and its profound impact on overall health and well-being. Utilize the tools and suggestions provided to ensure that your sleep choices actively support wellness throughout the entire year.



## Well-being Resources

### Why Is Sleep Important?

Sleep is vital for well-being, influencing mood and supporting brain function, physical health, and growth. Inadequate sleep raises the risk of chronic health problems, impacting cognitive functions, work, learning, and relationships. Understanding its effects on the heart, circulatory system, metabolism, respiratory system, and immune system is crucial, emphasizing the importance of sufficient sleep.



[Read More](#)

### How is Your Sleep Health Linked to Your Mental Health?

Quality sleep is integral to overall health, deeply impacting mental and emotional well-being. During sleep, the body undergoes vital processes such as cell repair, memory consolidation, emotion processing, and brain toxin removal. Optimal sleep not only enhances emotional regulation but also improves cognitive skills like learning and attention.



[Read More](#)



### BE YOUR BEST SLEPT SELF

Keen on witnessing a revitalized version of yourself? Incorporating these six daily and nightly steps can significantly impact your sleep health.

[Tip Sheet](#)

### Monthly Challenge for Achieving Healthier Sleep Habits

This monthly challenge is designed to help you recognize the importance of quality sleep and guide you in adopting habits that enhance your sleep hygiene. By prioritizing your sleep and incorporating healthy habits, you can contribute to a more energized, focused, and resilient version of yourself.

[Take the Challenge!](#)

### Give us some feedback

Tell us how we're doing! Take a moment to complete [this survey](#) and help shape tip sheet content moving forward.



## EVENT: Eat well. Move more. Sleep better

With the increasing demands of life, it can sometimes be easy to neglect healthy habits. Yet long-term physical inactivity, a lack of proper nutrition and poor sleep can increase health risks. This practical session will explore three of the most important components for living a healthy lifestyle: nutrition, movement and sleep. It will explore how participants can introduce new techniques for healthy practices and learn simple but effective ways to eat well, move more and sleep better

Date: Feb. 22  
Time: 11 a.m.

[Registration Link](#)

