

May is... Better Sleep Month

WHAT IS KEEPING YOU UP AT NIGHT?



Many people are not happy with the quality or quantity of sleep they are getting. During the month of May, create a resolution that aims to improve your sleeping habits. Sleep plays a big role in keeping healthy, so it is vital to improve any poor sleeping habits that you might have slipped into.

When your body is sleep deficient, it goes into a state of stress.

- The body's functions are put on high alert - increase in blood pressure and production of stress hormones.
- Higher blood pressure increases your risk for heart attacks and strokes.
- Stress hormones also, unfortunately, make it harder for you to sleep.

Your Employee Assistance Program is a **FREE, CONFIDENTIAL** service that can help you with:

- Personal problems keeping you up at night.
- Relaxation techniques to counter the effects of stress.
- Stress reduction tools to help you sleep.



How to Access Your EAP:

- Call Cascade Centers, Inc. toll free at: **1-800-433-2320**
- Email: esupport@casadecenters.com
- Visit: www.casadecenters.com for more information