## **REST AND REVIVE**

Simple solutions for a good night's sleep



## Awaken a stronger you

Getting enough sleep each night can reduce stress and spur your creativity. It can even help you lose weight.\* To get you feeling more focused and productive, we've teamed up with Kaiser Permanente to bring you Rest and Revive. During this fun, easy-to-follow program, you'll receive six weekly emails with practical suggestions for getting better rest.

## Program kickoff:

Get on the path to better rest by joining the program and tracking your progress every week.

## More than half of Americans get insufficient sleep

Percent of population that sleeps less than seven hours a night on workdays



66%

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**53%** 

39%

36% Germany

30% Canada 29% Mexico

A 2013 poll by the National Sleep Foundation found that 53% of Americans sleep less than seven hours a night – and 21% report sleeping less than six hours.† That ranks us among the most sleep-deprived countries.

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<sup>\*</sup>Alyssa Sparacino, "11 Surprising Health Benefits of Sleep," Health.com, http://www.health.com/health/gallery/0,,20459221,00.html, accessed September 2, 2014.

<sup>&</sup>lt;sup>†</sup> 2013 International Bedroom Poll, National Sleep Foundation, sleepfoundation.org.