

# REST AND REVIVE

Simple solutions for a good night's sleep



## Awaken your best self with this fun, six-week program

Our busy lives make it easy to take sleep for granted. But the right amount of shut-eye can reduce stress, spur your creativity, and help you lose weight.\* It may even make you look younger.†

To help you feel more productive, healthy, and focused, 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—and avoiding common mistakes that keep you up at night. Along the way, you can find tips on physical activity, healthy eating, and making sure your bedroom is set up to help you sleep.

The first email will give you the tools to log your sleep habits and daily routines and assess your progress. Get ready—it's the first step on the path to better rest.

### Need ideas for improving your sleep?

Take a look at the list of 10 tips for paying off your sleep debt in the [Rest and Revive guide](#).

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

†Elma Baron, MD, et al., "Effects of Sleep Quality on Skin Aging and Function," University Hospitals Case Medical Center, July 23, 2013.