

> WORKFORCE HEALTH | RESOURCES



# Rest and Revive sleep management toolkit





# Insomnia

..... can cause an average of .....



or



Source: Kessler et al., *Sleep*, September 1, 2011.

# Welcome to your *Rest and Revive* toolkit

Nearly a quarter of U.S. workers suffer from insomnia, and far more than that report experiencing basic symptoms like fatigue and sleepiness. Those symptoms are linked to memory problems, workplace accidents, and increased absences.\* But with this easy-to-use toolkit, you can help your employees get on a path to better sleep—helping to improve morale, reduce stress, and even lower health care costs for you and your employees. Here’s what’s included:



**7 weekly emails** to guide your employees through the program, plus a promotional email to kick things off



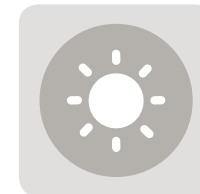
**A poster** to help drive engagement at the workplace



**An employee guide** with facts and tips for getting better sleep



**A sleep log** for keeping track of each night’s rest



**A daytime activity log** to show how food, drinks, and physical activity affect sleep

Ready to get started? 

## ✓ Take the first step

Maximize your program’s impact with this hands-on action guide. It’s designed for flexibility to fit your organization’s needs – and improve engagement by helping your employees adopt better sleep habits. You simply check off the boxes as the checklist walks you through the four basic steps of a successful program:



Not your first workforce health program? Skip ahead to the “Plan” section on page 6.

Let’s go! >

# ① Assess

Steps	When	What to do	Tools and resources
○ Get leadership endorsement.	Preprogram	○ Present a business case to your leadership team on the benefits of healthy activities.	<ul style="list-style-type: none"> <li>• <b>Build a case for workforce health</b> shows how to engage leadership with facts and figures.</li> </ul>
		○ Have your CEO or other leaders demonstrate their commitment to workforce health.	
○ Gather baseline organizational data.	Preprogram	○ Survey your employees on their interest in healthy lifestyle activities.	<ul style="list-style-type: none"> <li>• Create your own free surveys with <b>SurveyMonkey</b> or <b>Google</b>.</li> <li>• For more ideas, see our <b>employee health interest survey</b>.</li> </ul>
		○ Assess your work environment to see what you're already doing to support healthy behaviors. Look at: <ul style="list-style-type: none"> <li>• food in vending machines</li> <li>• how walkable your workspace is</li> <li>• whether you're hosting healthy meetings</li> </ul>	

Ready to plan? Let's go! >

## ② Plan

Steps	When	What to do	Tools and resources
○ Promote your program.	Preprogram	○ Form a wellness committee to manage your program.	<ul style="list-style-type: none"> <li>• <a href="#">Wellness Committee Toolkit</a></li> </ul>
	2 to 3 weeks before first email	○ Have a leader or your wellness coordinator send out the first promotional email introducing <i>Rest and Revive</i> . Include: <ul style="list-style-type: none"> <li>• program start date</li> <li>• details on the kickoff if you're having one</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Rest and Revive</i> promotional materials:                             <ul style="list-style-type: none"> <li>◦ <a href="#">promotional email</a></li> <li>◦ <a href="#">employee flier</a></li> </ul> </li> <li>• <a href="#">Employee guide</a></li> </ul>
		○ Print and post promotional materials in kitchen and break rooms.	<div style="border: 2px solid orange; padding: 5px;"> <p><b>TIP</b> Host a kickoff event and invite one of your top executives to speak. Include a short demonstration of a guided imagery recording.</p> </div>

Ready to engage? Let's go! 

# ③ Engage

Steps	When	What to do	Tools and resources
○ Send emails to your employees.	Week 1	<ul style="list-style-type: none"> <li>○ Send “Self-assessment and goal-setting” email:                             <ul style="list-style-type: none"> <li>• Help your employees track their sleep habits and look for factors affecting their sleep.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Self-assessment and goal-setting” email</li> <li>• Sleep workbook:                             <ul style="list-style-type: none"> <li>○ sleep log</li> <li>○ daytime activity log</li> <li>○ sleep action plan</li> <li>○ personal notes</li> </ul> </li> </ul>
	Week 2	<ul style="list-style-type: none"> <li>○ Send “Building a healthy foundation” email:                             <ul style="list-style-type: none"> <li>• Learn about healthy sleep habits.</li> <li>• Try going to sleep at the same time each night and waking up at the same time each morning.</li> <li>• Stay out of bed when not sleeping.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Building a healthy foundation” email</li> </ul>
	Week 3	<ul style="list-style-type: none"> <li>○ Send “Understanding your sleep habits” email:                             <ul style="list-style-type: none"> <li>• Have employees take the sleep survey.</li> <li>• Then have them read what their responses indicate.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Understanding your sleep habits” email</li> </ul>

(continues on next page)

# ③ Engage (continued)

Steps	When	What to do	Tools and resources
○ Send emails to your employees.	Week 4	<ul style="list-style-type: none"> <li>○ Send “Identifying sleep thieves” email:                             <ul style="list-style-type: none"> <li>• Avoid or limit the use of alcohol before bed.</li> <li>• Avoid or limit the use of caffeine and tobacco.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Identifying sleep thieves” email</li> <li>• <a href="#">Tobacco-Free Campus Toolkit</a></li> <li>• <a href="#">Sleep topics</a> from the National Sleep Foundation</li> </ul>
	Week 5	<ul style="list-style-type: none"> <li>○ Send “Managing stress” email:                             <ul style="list-style-type: none"> <li>• Use deep breathing to relax.</li> <li>• Practice mindfulness as another daytime relaxation technique.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “Managing stress” email</li> <li>• <a href="#">Share stories</a> to refresh your employees’ minds, bodies, and spirits.</li> <li>• Share <a href="#">podcasts</a>.</li> </ul>
	Week 6	<ul style="list-style-type: none"> <li>○ Send “What if I still can’t sleep?” email:                             <ul style="list-style-type: none"> <li>• Share tips on making healthy behavior changes with small goals and physical activity.</li> <li>• If one of your employees thinks they have a more serious condition, tell them to contact their doctor.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• “What if I still can’t sleep?” email</li> <li>• Share information on insomnia and <a href="#">the question of sleeping pills</a>.</li> </ul>
	Week 7	<ul style="list-style-type: none"> <li>○ Send “Assessing your plan and looking forward” email.</li> </ul>	<ul style="list-style-type: none"> <li>• “Assessing your plan and looking forward” email</li> </ul>

Ready to measure? Let’s go! ➤



# ④ Measure

Steps	When	What to do	Tools and resources
○ Evaluate your program.	Week 8	○ Survey program participants and capture results.	<ul style="list-style-type: none"> <li>• Create your own postprogram survey with <a href="#">SurveyMonkey</a> or <a href="#">Google</a>.</li> </ul>
○ Plan future programs.		○ Consider another program, such as a walking program, while employees are motivated.	<ul style="list-style-type: none"> <li>• <a href="#">Walking for Workforce Health Toolkit</a></li> <li>• <a href="#">Other programs</a></li> </ul>

➤ Contact your Kaiser Permanente representative for more information.

\* Ronald C. Kessler et al., "Insomnia and the Performance of U.S. Workers: Results from the American Insomnia Survey," *Sleep*, September 1, 2011.

Information may have changed since publication.

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