What’s keeping you up at night?

Your Employee Assistance Program (EAP) can help you find ways to get more sleep

Sleepy? You’re not alone. An estimated 50 to 70 million Americans chronically suffer from a sleep disorder.¹ With a good night’s sleep, you feel better, are more productive and are more resilient to stress. A lack of sleep can have serious side effects. Some studies link lack of sleep to obesity, depression, even heart disease and diabetes. There are things you can do to get better sleep. Let your Employee Assistance Program (EAP) help with resources and information on getting your ZZZs.

Log on to our website this month to read these feature articles. They’re under the Monthly Promotion tab in the Centers section:

- Getting a good night’s sleep
- Top 10 sleep myths
- Sleep disorders
- Sleeping well

Visit our website or call for free, confidential help from our team of EAP experts.²

800-346-5484
anthemEAP.com

² In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.