

Uncertainty, stress and anxiety:
Uncovering sleep's role for better well-being



What does sleep mean to you?

The physical and behavioral toll of poor sleep

Physical health

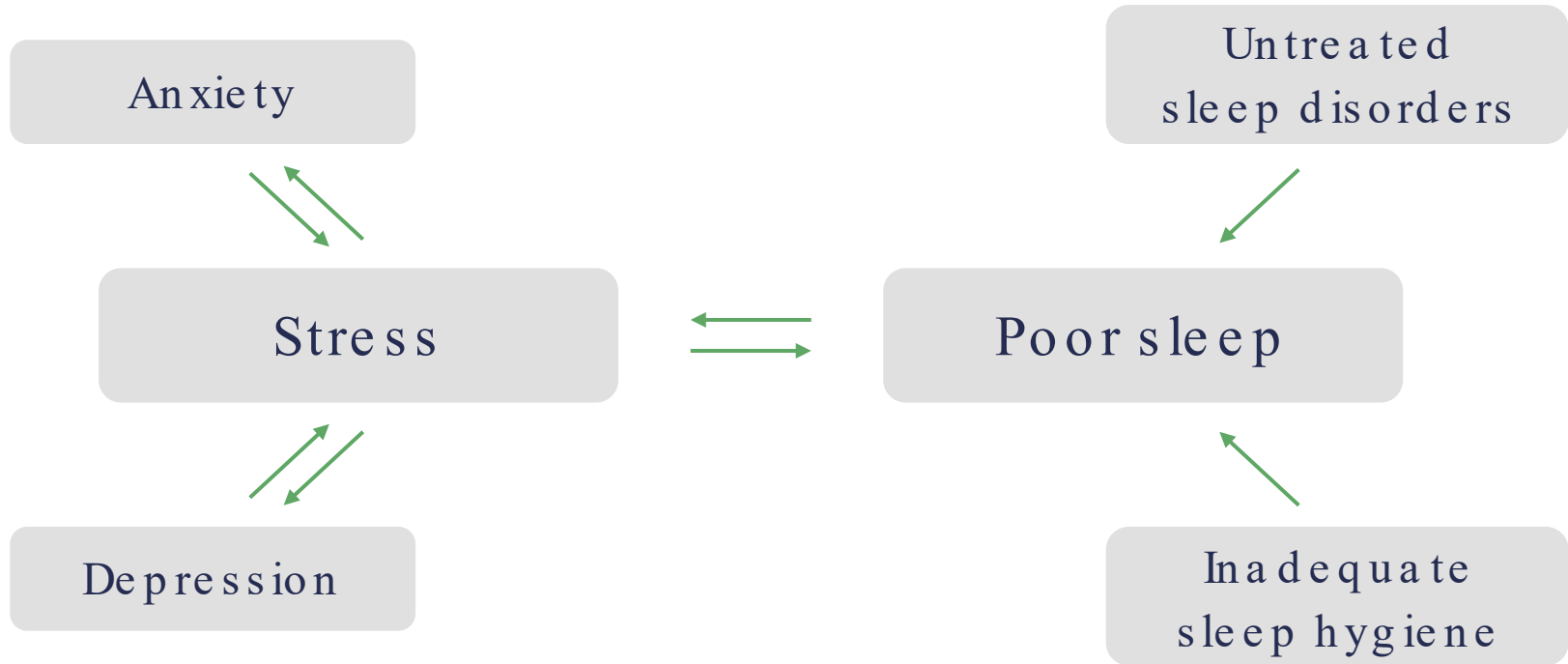
- Comorbidities
- Compromised immunity

Behavioral and mental health

- Mood
- Cognitive impairment

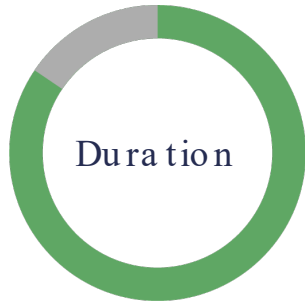


The complexity of sleep and stress

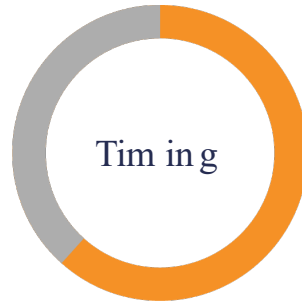


How do we get people to recognize
the current health of their sleep?

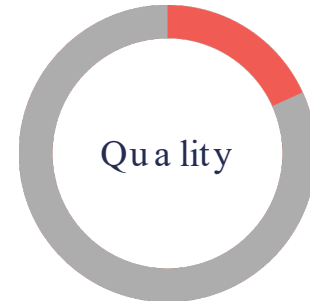
Start with the building blocks of sleep



How long you sleep



When you sleep



How well you sleep

Your DTQ: Duration, Timing, Quality

How do we get people to take their
sleep needs more seriously?

A virtual sleep clinic

Sleep physicians

Virtual appointments with board-certified physicians

Testing & diagnostics

Sleep testing with a medical diagnosis

Comprehensive treatment

Care tailored to each patient

Continuous care

Ongoing medical support led by clinical care teams



Actionable sleep data

Sleep data for personalized support

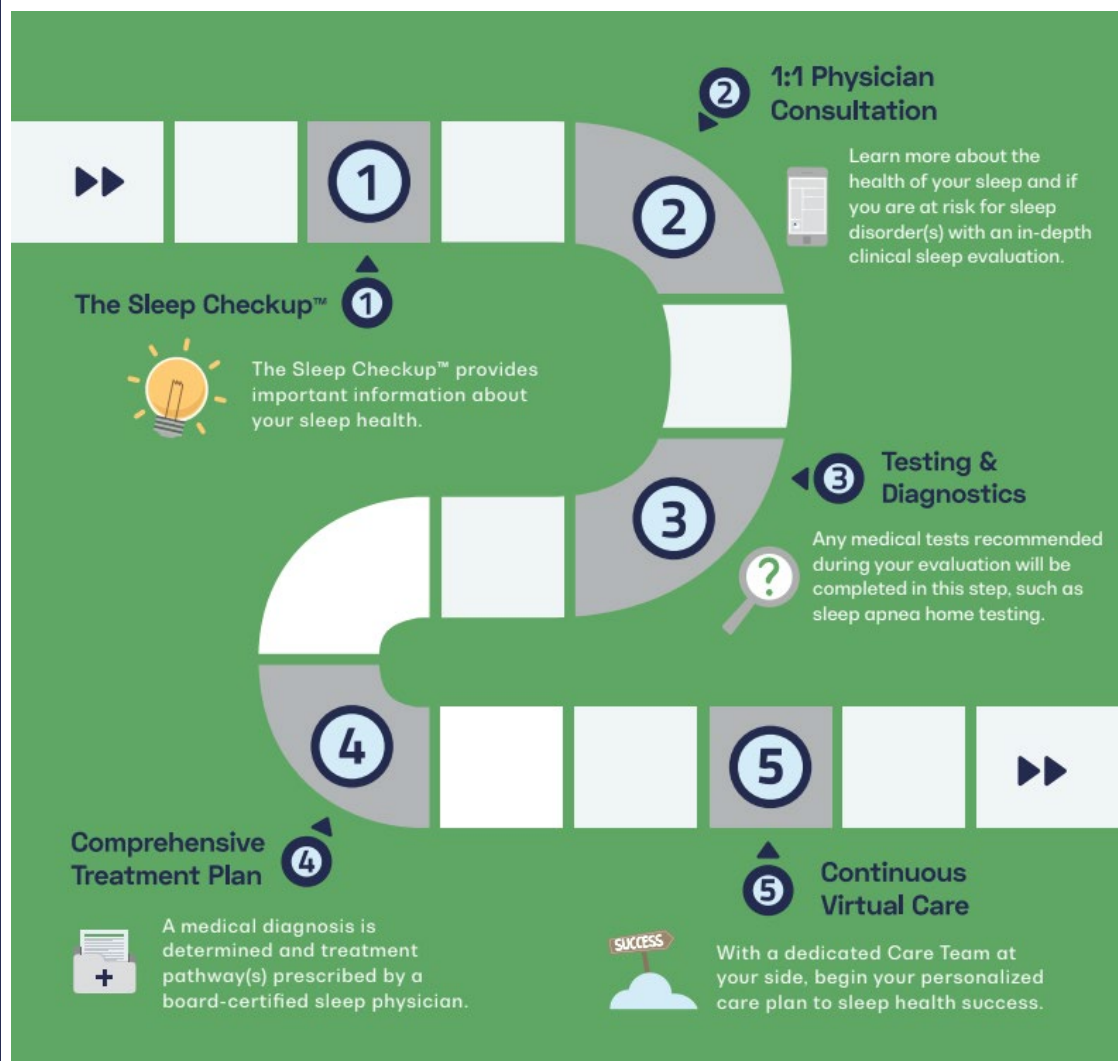
Care coordination

Collaboration for preventive care

Self-guided resources

Educational modules for self-paced learning

Patient experience



Introductory questions to ask

Do you experience...?

- Constantly feeling fatigued
- Memory issues
- Difficulty concentrating
- Feeling more anxious
- Rarely waking up feeling refreshed
- Irritability and/or loss of interest
- Excessive daytime sleepiness
- Sleeping less than 7 hours
- Taking over 30 minutes to fall asleep
- Restlessness, especially while asleep
- Struggling to lose or maintain weight
- Snoring or gasping for air while asleep
- Relying on naps or caffeine to function
- Frequent morning headaches

Tip # 1: Create a Sleep Sanctuary

Comfortable bedding,
black-out curtains,
and a fan are great
ways to improve your
sleep space.

- A sleep sanctuary is a cool, dark and comfortable environment, free of disturbances and dedicated to sleep.
- Avoid activities like watching TV, scrolling through your phone, and eating in this space.

Tip # 2: Follow A Morning & Night Routine

- Follow a similar routine so your brain recognizes the cues to either wind up for the day or wind down.
- Aim to start your night routine at least 30 minutes before bed to prepare your body and mind for rest.

Calm ing activities
like reading and
meditating are great
ways to quiet the
mind and reduce
stress before bed.

Tip # 3 If problems persist, seek further medical evaluation

It's not all in
your head

- Sleep is complicated
- Poor sleep can contribute to stress
- Your primary physician and SleepCharge can help

What does sleep mean to you now?

Let's talk about it.

We're eager to hear your thoughts and questions.