

SLEEP RESOURCES

Websites

- [Centers for Disease Control](#)
- [National Sleep Foundation](#)
- [American Academy of Sleep Medicine](#)
- [National Center on Sleep Disorders Research](#)

Toolkits

- [Sleep Fitness Toolkit](#)
- [SupportLinc EAP Sleep Resource Kit](#)

Mindstream Sessions

- [Sleep Well](#) - Utilize breathing techniques to promote a restful night and enhance sleep quality, which is essential for recovery and performance.
- [The Power of Rest](#) - Uncover the benefits of the often-overlooked practice of intentional rest.
- [Benefits of Healthy Sleep](#) - Learn the impact of healthy sleep on emotional and cognitive functioning.
- [Sleep and Emotional Health](#) - Learn more about the relationship between sleep quality and emotional wellbeing.
- [Sleep and Mental Health](#) - How does quality sleep affect mental health, and what are the best practices for improving sleep hygiene?
- [Recommended Sleep Hygiene Practices](#) - Learn about effective sleep hygiene practices, and how they can improve overall mental health and physical well-being.
- [Pink Noise](#) - Listen to this gentle, tranquil audio experience to improve sleep and enhance focus.
- [Brown Noise](#) - Listen to this deep, low-frequency sound known for its ability to promote relaxation and aid in sleep.
- [Calm and Quiet Forest Sounds](#) - Listen to gentle nature sounds ideal for meditation, sleep or unwinding.

Articles

- [World Sleep Day — Wellbeing Place](#)
- [Bedtime Snacks to Help You Sleep — Wellbeing Place](#)
- [Working When Sleep Deprived — Wellbeing Place](#)
- [Why Sleep is Essential to a Healthy Lifestyle — Wellbeing Place](#)
- [Sleeping for Your Wellbeing — Wellbeing Place](#)
- [Powering Through a Sleep-Deprived Day— Wellbeing Place](#)
- [Optimizing Your Sleep Environment — Wellbeing Place](#)
- [Recommended Sleep Duration for Adults and Children](#)




- [Weekend 'Catch-Up' Sleep May Hurt More Than Help](#)
- [More Sleep Would Make Us Happier, Healthier and Safer](#)

Infographics

- [10 Tips for Better Sleep](#)
- [Sleep Well](#)

In-the-Moment Support

SupportLinc is available 24/7, 365 days a year, at no cost to you and your household members.

 **Call 888-881-5462** – If you need to talk at 2 AM, someone will take your call!

Virtual Group Support

The [Sleep Fitness group support](#) is a 30-minute anonymous and interactive group session led by a licensed clinician live on our platform. Participate in this session to learn more about the physical and mental benefits of good sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment.