

READ ME FIRST

Sleep Health Resources

Here are some ways you can support your employees this month:

- Share the sleep flyers in the resources file with employees.
- Do the Catching ZZZs Sleep Challenge at your workplace. The challenge toolkit is included with the resources.

Here are some additional resources:

- Centers for Disease Control and Prevention (CDC): [Sleep](#)
- NIH National Heart, Lung, and Blood Institute: [Sleep](#)
- American Academy of Sleep Medicine: [Sleep Education](#)
- Sleep Foundation: [Tips for Shift Workers](#)