



Sleep Matters.

Sleep is an important part of your daily routine, and, as with everything else, quality and quantity matter. Getting the right amount of quality sleep can help protect your mental health, physical health, quality of life, and safety.

Sleeping well may sound simple, but, for some, it isn't. May 2016 is Better Sleep Month, so read on for helpful information and tips on getting a good night's rest.



Sleep Helps You Stay Well

One in three adults is not getting enough sleep regularly, according to a recent study in the Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report. Sleep authorities such as the American Academy of Sleep Medicine and the Sleep Research Society recommend that adults aged 18 to 60 years old should sleep at least seven hours per night, to help promote overall well-being.

Boost Your Brain

According to HelpGuide.org, your brain needs rest to help you stay well. When you don't get enough sleep, you won't be able to function – work, learn, create, and communicate – at your true potential. That's because, while you sleep, your brain helps to maintain your body so it stays in tip-top shape. During deep sleep, your body repairs itself and performs essential tasks like stimulating growth and development, repairing muscles and tissues, and boosting your immune system. Getting quality deep sleep is critical to feeling energized and refreshed when you wake up.

Did You Know?

The CDC reports that insufficient sleep is associated with certain conditions, such as diabetes, hypertension, and obesity, as well as excessive sleepiness during the day. The Division of Sleep Medicine at Harvard Medical School corroborates this assessment, and suggests that, in addition to contributing to chronic conditions, lack of sleep affects your mood and memory.



What Enough Sleep Feels Like (or Doesn't)

Knowing what “enough sleep” feels like is different for each of us, and it may be easier to identify when you haven't gotten enough. Read Prevention's [**“8 Signs You're Not Sleeping As Well As You Think You Are”**](#) to learn more.

Spotlight: Our New Sleep Health and Wellness Benefit

Not getting any rest? According to SleepMed, if you experience any of the following, you may have symptoms of a sleep disorder:

- Difficulty falling asleep
- Excessive daytime sleepiness
- Waking up gasping for breath
- Snoring

Find out whether you may be at risk for sleep apnea by taking **the assessment**, offered through SleepMed, the provider of our new Sleep Health and Wellness Benefit.

This benefit is a voluntary, completely confidential benefit to help you sleep better. Provided through your medical plans, Empire BlueCross BlueShield and United Healthcare, it is a covered, in-network benefit and administered through SleepMed, the largest private sleep diagnostics provider.

Participants in the program will:

- Complete an online sleep assessment at no cost to help identify your sleep risk
- Receive clinically appropriate diagnostic and treatment plans managed by board-certified sleep physicians who are experts in their field
- Complete a Home Sleep Test covered under your benefits at no cost to you that is easy to use in the comfort of your own home
- Have access to APAP Therapy covered under your benefits to help limit the risk of sleep apnea
- Obtain assistance from SleepMed Representatives trained in sleep management

Get started by visiting [**nyctasleepbetter.com**](https://nyctasleepbetter.com).

Did You Know?

The effects of sleep disorders are great and the facts are staggering. According to SleepMed, 58% of Americans experience some type of sleep disorder each year. And 80% of people with sleep disorders remain undiagnosed. Could you be one of them? If the Sleep Health and Wellness Benefit could help you feel better, try it today.

