

SLEEP WELL/LIVE WELL™

AN ONLINE SLEEP IMPROVEMENT PROGRAM

A partnership of *The Sleep Ambassador®*
and *DROWZLE™ Powered By Resonea*



THE SLEEP AMBASSADOR

Sleep Well/Live Well is an online comprehensive sleep-improvement program designed to bring your workforce information, strategies, and tools for better sleep, heightened productivity, and healthier living. Our online platform offers flexibility to your employees and administrative ease for HR and Wellness leaders. This four-week, self-managed program creates awareness of the effects of sleep insufficiency, educates participants in basic sleep science principles, and facilitates habit-changing behaviors related to sleep.

Sleep Well/Live Well fills a void in today's corporate wellness landscape. Historically, corporate-wide sleep programs have focused on identifying and treating only those employees with sleep disorders. To complement existing programs for diagnosable disorders, Sleep Well/Live Well engages all employees struggling with poor sleep hygiene and/or habits – or disordered sleep – to embark on sustainable sleep improvement.

Sleep Well/Live Well's structured curriculum includes an online modular sleep education workshop and detailed, easy-to-use workbooks to guide participants through the four-week program. The program's workbooks are a rich resource for information on sleep science and sleep strategies, and offer opportunities for enhanced learning.



**Optimize health and productivity
in your workforce with the
Sleep Well/Live Well™ Program**

ONLINE WORKSHOP AGENDA

- Introduction to Sleep Well/Live Well
- Basic Sleep Science
- Why Does Sleep Matter?
- Safe, Sound Sleep
- Sleep Strategies
- Getting Started: Using Your Participant Workbook

WEEK-BY-WEEK FOCUS

WEEK 1

Understand Your Sleep and Identify Your Goals

WEEK 2

Implement Your Sleep Action Plan and Use Tools

WEEK 3

Practice, Practice, Practice

WEEK 4

Continue Your Path to Great Sleep

For more information, contact us at SleepInfo@Resonea.com or visit us online at Resonea.com/SleepWellLiveWell



*A good day starts
with a good night's sleep.*

OVERVIEW OF ADDITIONAL SERVICES

We will design programming to reach your workforce and align with your corporate culture to spark action for sleep optimization such as:

- **Keynotes & Presentations** - For management, employees and/or your clients
- **Sleep Workshops** - From Lunch & Learns to Webinars
- **Health Fairs** - Integrate sleep with other activities or provide sleep-centric initiatives
- **Train-the-Trainer** - We will train and prepare designated sleep champions to deliver sleep education and training to your workforce

THE CONSEQUENCES OF INSUFFICIENT SLEEP

HEALTH & SAFETY

- Increased risk for disease
- Decreased immune system function
- Accidents and injuries due to drowsiness

FOCUS & MEMORY

- Diminished focus on relevant cues
- Difficulty concentrating
- Difficulty retaining sequence of events

EXECUTIVE FUNCTIONING

- Compromised decision making
- Unable to think clearly
- Decreased innovation & creativity

MOOD

- Outbursts, irritability, & impatience
- Difficulty working with colleagues

WEIGHT MANAGEMENT

- Inability to lose weight or maintain goals
- Tendency for hormones to give false hunger signals

ABOUT SLEEP WELL/LIVE WELL™ AND DROWZLE™ SLEEP HEALTH PROGRAM

SLEEP WELL/LIVE WELL™ is provided by The Sleep Ambassador® and the DROWZLE™ Sleep Health Program, powered by RESONEA, Inc. Nancy H. Rothstein, MBA, The Sleep Ambassador, is a global leader in bringing sleep awareness, education, and training to corporations and to individuals. Nancy created Sleep Well/Live Well, a comprehensive sleep improvement program designed to empower people to optimize their sleep so they can live well during their waking hours.

RESONEA is creating a new standard for understanding sleep and breathing and their long-term impact on wellness, performance, and quality of life. Our DROWZLE program can help people discover their sleep breathing health, change their sleep habits, and improve their overall health and ability to function.



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