

WISH

you could catch
Z's with ease?

Sleep like a **LOG**?

Like a **BABY**?

Well, it's time
to reclaim your
SLUMBER!



SEPT 12-23

Join the **SAS Sleep Transformation** to get the knowledge that will let you prepare your body, mind and bedroom for ideal sleep conditions.

SAS global employees and spouses, domestic partners and eligible dependents (ages 18-26) are invited to participate.

Sleep Transformation participants will receive:

- ~ Online education about:
 - * Foods that impair sleep and nutrients that promote sleep.
 - * Mindfulness strategies to use throughout the day and at bedtime.
 - * Physical activity and optimal times to exercise to promote sleep.
 - * Managing stress so it doesn't inhibit sleep.
 - * Setting up your space to promote sleep.
- ~ Support through daily emails and an online Sleep Transformation community group.
- ~ A sleep journal to record your progress.



A participation fee of \$10 is required.
Registration deadline is Thursday, Sept 1.

For more details or to register, visit:
survey.sas.com/survey-3281.php

Questions?

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