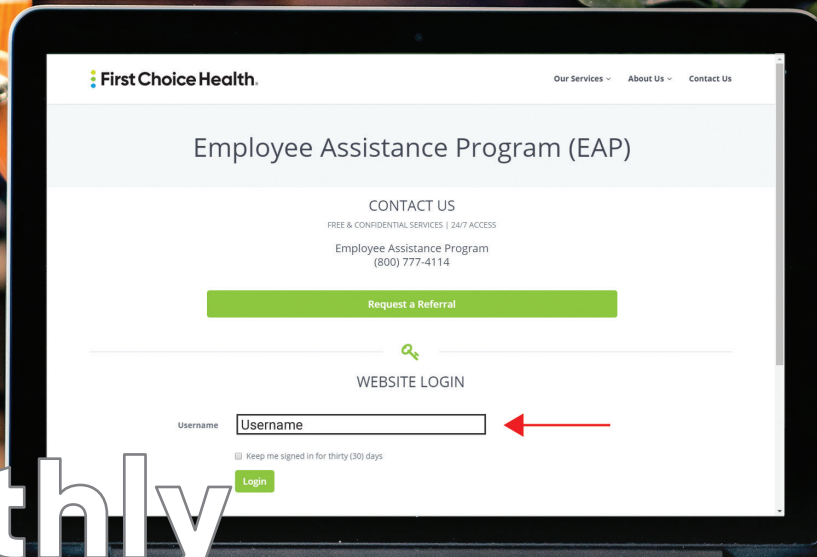


Monthly WEBINAR



Employee Assistance Program
September 2020

1hr
WEBINAR

Fixing Our Broken Sleep

EAP Webinars are available
anytime on-demand via the
EAP website—no need to
register!

Interested in techniques for overcoming common sleep problems like "trouble falling asleep", "difficulty staying asleep", "excessive thinking", "waking too early", "chronic insomnia" "shift-work difficulties" and "daytime sleepiness"?

In this webinar, you will hear about the latest population studies and the latest scientific discoveries of the foundational relationship between sleep and all areas of health. This hands-on presentation has helped many people to begin getting better sleep almost immediately. Guided relaxation exercises teach techniques for initiating sleep and returning to sleep.



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