

Stress FUNdamentals

Ease distress with rest

Week 2

Employer Guide

Stress is the number one cause of short-term sleeping difficulties in America. There is no substitute for sleep—our bodies need sufficient rest to function properly. If your employees aren't getting enough sleep on a regular basis, their risk for health problems, decreased productivity and accidents increases significantly.

The information in Week 2 will provide your employees with the basics about sleep and health. These resources will help identify irregular sleeping patterns and offer tips and tools to help them adopt healthy sleeping habits.

Week 2 handouts

Not getting enough zzzs? – Rate your likelihood of dozing off before bedtime.

Don't skimp on sleep – Discover the health benefits that sleep provides to your body and brain.

If you don't snooze you lose – Use these encouraging tips to help you increase your snooze time.

Log your sleep – Record your sleeping habits in the sleep diary to understand patterns that may affect your ability to get a good night's sleep.

Ease your tension with relaxation techniques – Use relaxation techniques to reduce stress and improve sleep and concentration.



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Steps for success



Distribute Week 2 handouts

Ask employees to read and complete the worksheets to become more aware of their sleeping patterns and habits. Encourage your employees to get eight hours of uninterrupted sleep each night.

Send the *Drowsy driving* e-mail to your employees

This communication drives home one of the many dangers of chronic sleep loss.

Take a break and relax

Advocate relaxation exercises during your employees' morning and afternoon breaks. Provide comfortable chairs or couches in break rooms that allow employees to practice relaxation methods they'll learn this week in the *Ease your tension with relaxation techniques* handout.

Promote online resources available from Blue Access® for Members

The Personal Health Manager's *Ask A Nurse* feature offers additional support and answers to sleep disorder questions.*

Get ready to laugh worries away!
In Week 3, your employees will
learn how to use laughter to lighten
their mood and reduce stress.

