



HealthyLife®
SleepWell®
A Program to Enhance Sleep



***For Improved Sleep and
Enhanced Energy***

OVERVIEW

SleepWell[®] teaches individuals to modify factors that may damage sleep and reduce daytime energy, focus, and productivity.

- SleepWell[®] includes an interactive kit and a step-by-step behavior modification program, supported by a trained SleepWell[®] coach.
- Tailored coaching helps connect strategies to an individual's specific sleep issues, lifestyle, and goals.

The information and techniques are presented systematically so that individuals are able to improve sleep habits in a comfortable, logical way. The program is effective, easy-to-learn, and can be readily utilized in a person's normal living and working environment.

Participants will learn how to develop healthy lifestyle habits, create an environment conducive to quality sleep, and manage daily stress.

Improved sleep helps increase productivity, reduce health risk and generate a greater feeling of well-being. Workplaces as well as employees/ members benefit from providing SleepWell[®].

The SleepWell[®] program contains additional information specifically for shift-workers (see more information on the next page).

Comprehensive Program Package

Participant Kit

Each person receives an interactive SleepWell[®] kit. He or she also receives unlimited inbound telephonic coaching by a trained SleepWell[®] coach and support by email.

SleepWell[®] Guide

Supports the coaching call agenda, allowing participants to take notes during coaching sessions and refer to materials at their leisure.

SleepWell[®] Tracker

Easy-to-use booklet for self-monitoring of sleep habits, relevant sleep factors, and daytime alertness.

Two SleepWell[®] CDs

(1) Over 75 minutes of pleasant, calming music.

(2) Brainwave Entrainment - Sounds are used to tune brain waves to a desired frequency, inducing the brain to produce slower, relaxed waves conducive to sleep.

Healthy Sleep Habits

QwikTake[™]

At-a-glance sleep tips on a colorful poster for display.

Success Over Stress Permafold[®]

12-panel health guide teaches how to effectively manage stress.

Biofeedback Card

Indicates a person's stress level through finger temperature and teaches relaxation techniques.

Telephonic Coaching

Outbound telephone calls are provided by a SleepWell[®] coach.

These calls, over a ten-week period, reinforce the materials in the self-help kit through goal-setting, problem-solving, and tailored behavioral guidance.



One-on-One Active Coaching

Five calls within the first 95 days, including 4 within the first 6 weeks and one at week 10; Coaching includes a comprehensive sleep assessment and emphasizes skill-building through tailored behavior modification strategies.

One-on-One Maintenance Coaching

Two follow-up calls in months 6 and 11.

SleepWell[®] Guide

Sleep Assessment

Understand current habits to identify areas of focus for the SleepWell[®] program:

- Sleep duration and quality
- Wake-time alertness and energy
- Sleep environment
- Lifestyle factors (e.g. smoking, exercise, diet)
- Stress management habits
- Medical conditions

For participants working with a SleepWell[®] coach, the results from this pre-program assessment are used to tailor messages, increase coaching effectiveness, and to evaluate change readiness.

Goal Setting & Action Planning

- Approach a lifestyle change with a healthy attitude
- Set goals and address barriers to change
- Create “If, then” plans for expected roadblocks

Train the Body to Sleep

Use cognitive-behavioral therapy strategies to help the body naturally sleep:

- Limit the bed to sleep and sex
- Create a bedtime & wake time routine
- Restrict time in bed to improve sleep drive
- Systematically plan sleep to re-set the body’s natural circadian rhythm and sleep drive
- Cope with schedule changes without sacrificing quality sleep

Sleep Hygiene

Make step-by-step changes in the following areas to create an environment that promotes sleep:

- Bed, sound, temperature, smell, and light
- Blue light & electronics in the bedroom
- Caffeine, nicotine, and alcohol on sleep
- Healthy food choices
- Timing of meals and snacks
- Exercise habits and timing
- Medication and sleep aids

Build Social Support

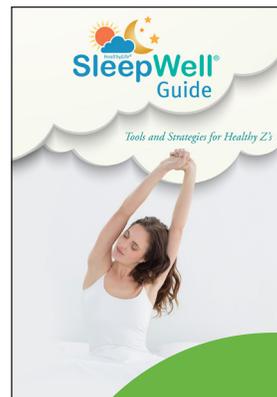
Learn strategies to bring others on board to improve the likelihood for long-term success:

- Strengthen your home team and show your care to friends and family
- Discuss sleep needs with a sleep partner
- Manage conflicts and communicate assertively
- Create self-enhancing feelings

Stress Management

Learn to relax and manage stressors that can hurt sleep:

- Seek downtime daily and practice mindfulness
- Plan problem solving to deal with stressors
- Use creative imagination
- Clean up psychological pollution
- Dispute irrational thoughts
- Practice relaxation techniques



HEALTHY SLEEP FOR SHIFT-WORKERS



Shift workers are especially at risk for poor sleep quality, sleep deprivation, and fatigue. Shift workers are also more likely to be in an accident while driving or operating machinery and more likely to be obese or develop cardiovascular disease or cancer. The SleepWell[®] program addresses the need of shift workers to improve sleep duration and quality. Additional information and tailored coaching is provided for workers who follow a shift-work schedule:

- Scheduling sleep around rotating shifts or permanent night shifts
- Creating a healthy sleep environment during daylight hours
- Avoiding drowsy driving
- Using caffeine appropriately
- Coping with a shift changes

SleepWell® Tracker

Sleep Tracker	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sample	Woke: 6:30am Slept: 10:00pm Total: 13.5 hours	Woke: 7:00am Slept: 10:30pm Total: 13.5 hours	Woke: 7:30am Slept: 11:00pm Total: 13.5 hours	Woke: 6:00am Slept: 10:00pm Total: 14 hours	Woke: 6:30am Slept: 10:30pm Total: 14 hours	Woke: 7:00am Slept: 11:00pm Total: 14 hours	Woke: 7:30am Slept: 11:30pm Total: 14 hours
Identify Sleep Habits	Woke up during the night or in a room? <input type="checkbox"/>	Woke up during the night or in a room? <input type="checkbox"/>	Woke up during the night or in a room? <input type="checkbox"/>	Woke up during the night or in a room? <input type="checkbox"/>	Woke up during the night or in a room? <input type="checkbox"/>	Woke up during the night or in a room? <input type="checkbox"/>	Woke up during the night or in a room? <input type="checkbox"/>
Record Steps	Steps: 10,000	Steps: 12,000	Steps: 15,000	Steps: 18,000	Steps: 20,000	Steps: 22,000	Steps: 25,000
Track Progress	Went to bed: 10:00pm	Went to bed: 10:30pm	Went to bed: 11:00pm	Went to bed: 10:00pm	Went to bed: 10:30pm	Went to bed: 11:00pm	Went to bed: 11:30pm
Stay Focused	Stress level: 5	Stress level: 4	Stress level: 3	Stress level: 2	Stress level: 1	Stress level: 1	Stress level: 1

Use the SleepWell® Tracker to:

- Identify current sleep habits.
- Record steps taken to improve one's sleep habits and sleep environment.
- Track progress and see the results of actions.
- Stay focused and motivated to make healthy sleep a priority.

“I have utilized AIPM products and services with high satisfaction. I find your staff to be extremely helpful and your products very flexible. You are a great overall resource.”

- Teresa Griffith, Coordinator, Population Health Management, Compass Point Medical Management, Charlotte, NC



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