American Institute for Preventive Medicine

HealthyLife®

SLEEPWELL®

For Improved Sleep & Enhanced Energy

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

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.

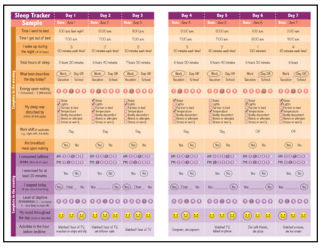
HealthyLife® SleepWell® Includes:

- 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.

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.



SleepWell® Tracker
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.

Delivery Options

Participant Kit

- Unlimited inbound telephonic coaching and email support.
- SleepWell® Guide: Allows participants to take notes during coaching sessions and refer to materials at their leisure.
- SleepWell® Tracker: Self-monitoring of sleep habits, relevant sleep factors, and daytime alertness.
- Success Over Stress Permafold®: 12-panel health guide teaches how to effectively manage stress.
- SleepWell® Music: Over 75 minutes of pleasant, calming music. Also, brainwave sounds to train brain to a desired frequency, to produce slower, relaxed waves conducive to sleep.
- Healthy Sleep Habits QwikTake™: At-a-glance sleep tips on a colorful poster for display.
- Biofeedback Card: Indicates a person's stress level through finger temperature and teaches relaxation techniques.

Telephonic Coaching by a SleepWell® Coach
Outbound Telephone Calls: 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.

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.

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

Build Social Support

Learn strategies to bring others on board to improve the likelihood for 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

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

- Bed, sound, temperature, smell, and light
- Blue light & electronics
- Caffeine, nicotine, and alcohol
- Healthy food choices
- Exercise habits & timing
- Medication and sleep aids

Stress Management

Learn to manage stressors that can hurt sleep:

- Seek downtime daily and practice mindfulness
- Plan problem solving
- Use creative imagination
- Clean up psychological pollution
- Dispute irrational thoughts
- Relaxation techniques•