

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

March is Sleep Awareness Month

Sleep challenges can have negative effects on any of us, at any or even *many* points in our lives. Fortunately, Cognitive Behavioral Therapy for Insomnia (CBT-I) can help us avoid the harm of sleeplessness.



Did you know that Cognitive Behavioral Therapy for Insomnia (CBT-I) is recommended as a first line treatment for adults experiencing sleeplessness? Whether we are suffering from severe insomnia or a series of bad nights, CBT-I works by helping us address the underlying psychological and behavioral factors that contribute to sleep challenges. This makes CBT-I a more holistic approach that can have a longer-lasting impact than using medications.

Finding experienced providers of CBT-I services can be difficult but Learn to Live's online Insomnia program makes access easy from any device¹. In our self-guided program, you'll find tools and strategies to help you manage any stressors that might be keeping you awake, and you'll learn how to harness your fatigue to help you sleep better.

Consider applying these evidence-based tips to improve your sleep today:

- **Limit or refrain from the use of alcohol and screens before bed.** Both can interfere with the body's sleep process.
- **Calm your mind.** Practice guided imagery by focusing your imagination and doing breathing exercises.
- **Write it down.** Jot down your to-do's, brilliant ideas, and worries in a journal. Close it and give yourself permission to rest.
- **Don't lie in bed awake.** It may sound surprising but lying in bed awake when we're not asleep can make our sleep issues worse.

For more extensive guidance and support for healthier sleep, we encourage you to consider enrolling in our Insomnia program at learntolive.com/partners or download our app (use the code **MIIA** to get started). If you're already a member, log into your account to continue or start a new program. This program is offered to all employees and family members (ages 13+) at no cost.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5070478/>