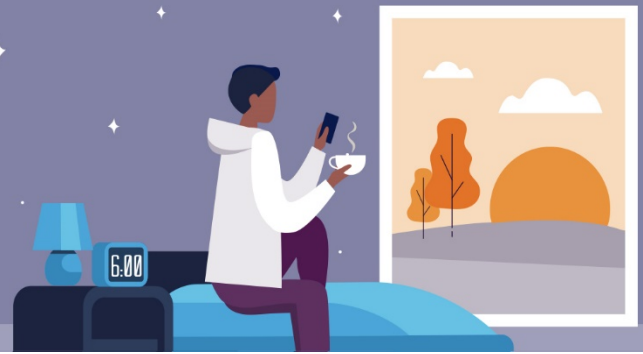


# Wake up to the benefits of shut-eye

Take advantage of free GDBIW well-being resources!



## National Sleep Awareness Week: March 8-14

When we “spring ahead” for Daylight Saving Time, most Americans lose an hour of sleep. It’s the perfect time to reflect on the importance of good sleeping habits.

Sleep is critical to well-being. Getting enough sleep helps your body recover, improves brain function, lowers your risk of heart disease and diabetes, strengthens your immune system and lifts your mood. With so much riding on your shut-eye, here’s how to be sure you’re getting the most from it.

## Get your ZZZs with these 1-2-3s

- 1 Curl up cozy**  
Your bedroom impacts your ability to fall and stay asleep. Remove items that may keep you up, such as laptops, smartphones and TVs. Set the thermostat to a comfortable temperature and use blackout curtains to block light.
- 2 Eat, play, sleep**  
A healthy diet and regular exercise have been shown to promote good sleep. Access **Yo-Fi** to browse healthy recipes and cooking lessons, meditation sessions and fitness classes.
- 3 Ask an expert**  
If you’re having trouble getting to sleep, staying asleep or wake up tired each day, reach out to your primary care physician (PCP) or a Fit for Life health coach to explore solutions to improve your sleep.

If you do **one thing in March, track your sleep for one week**. You’ll gain insights about your sleep patterns that can lead to improved rest and better health. If you have a device, track your sleep in the Castlight Mobile app\* to earn Healthy Rewards points you can redeem for rewards!

\*All employees can track activity on Castlight. Go to [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics) or text **APP** to **35925** to get a link to download the Castlight Mobile app. Message and data rates may apply.

People who feel sleepy 5 to 7 days per week report high rates of:



National Sleep Foundation's  
2020 Sleep in America® Poll

### De-stress for sleep

Don't let stress get in the way of your rest. Share what's on your mind — call **Life365** for support. It's free and always available at **877-622-4327**.

**Life365**