

Want to live longer? Get enough sleep.

We have so many demands on our time—jobs, family, errands—not to mention finding some time to relax. To fit everything in, we often sacrifice sleep.

Why sleep matters

Sleep affects both mental and physical health. It's vital for learning and memory, and lack of sleep affects our health, safety, and longevity.

Want more?

Join the **“Want to Live Longer? Get Enough Sleep” activity** from May 10 to July 2 in SmartHealth.

Good sleep is critical to your health. To make each day a safe, productive one, take steps to make sure you regularly get a good night's sleep.

What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.



Supporting you on your journey toward living well