# Want to Live Longer? Get Enough Sleep – Message (PEBB)

# How to use

* Share the message below to promote the *Want to Live Longer? Get Enough Sleep* activity, which runs from May 10 to July 2, 2021.
* The message is ready to use as is or you can edit to make it work for your organization.
* If needed, finish by adding your contact information, logo, and more.

**Tip**: Highlight the value of worksite wellness by getting leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [SmartHealth Worksite Wellness Roadmap](https://www.hca.wa.gov/about-hca/washington-wellness/build-wellness-program) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

**MESSAGE BELOW**

Email subject: Want to live longer? Get enough sleep

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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.

## What are the benefits of sleep?

* Boosts your immune system
* Strengthens your heart
* Better sleep = better mood

## Tips for getting more sleep

* Be consistent with the time you go to bed and wake up, even on the weekends.
* Set an alarm clock for bedtime, just as you set it for wake-up time.
* Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.

## Want more?

Join the "[Want to live longer? Get enough sleep” activity](https://smarthealth.hca.wa.gov) 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](https://www.hca.wa.gov/employee-retiree-benefits/pebb-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.

Be well,

The SmartHealth Team

*Supporting you on your journey toward living well*