

MAY: SLEEPING YOUR WAY TO HEALTH

Developing strategies for adequate sleep

MONTHLY WEBINAR



Let's Sleep on It

Thursday, May 19, 2011
12:00 p.m. - 1:00 p.m.

As our busy days get longer, sleep suffers. Participants will learn the importance of sleep in maintaining optimal health. This seminar will offer strategies and techniques to foster an environment that encourages adequate sleep.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

It's estimated that most adults need between 7.5 and 9 hours of sleep per night—but most don't sleep that much. A good night's sleep improves heart health, reduces stress, increases concentration, and may actually help you to manage your weight.

Let your NYS-Balance service help you rest easier with information on successful sleep strategies and resources to help you get your ZZZs. Stop counting sheep and call or log on for free, professional assistance.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSCOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

Copyright © 2011
NYS Governor's Office
of Employee Relations

5/11

To access the service, contact your Human Resources Officer or EAP Coordinator for the website log-in information or the toll-free number.

life
less complicated