

SLEEP BASICS

The ABCs of Getting More Zzzz's



March 2021

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

The studies are piling up – better health starts with good sleep. While you rest, your body is completing vital tasks that help you stay healthy and function at your best. Just a few simple changes can end nighttime tossing and turning.

SupportLinc provides confidential counseling, resources and referrals to help you sleep easier and boost overall health.

WEBINAR

Sleep Basics
Available March 1, 2021
Located in the Monthly Feature Tile

Learn how to improve your environment and establish daily habits that promote better sleep.



PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

www.supportlinc.com

MOBILE

