CIRCADIAN Technologies, Inc. Launches New Online Sleep Improvement Program

Stoneham, Mass. -- CIRCADIAN Technologies, Inc. is pleased to announce the launch of its online sleep improvement program, “Sleep Well/Live Well,” for employers to offer to their workforce. “CIRCADIAN is excited to offer busy professionals an online sleep education and training solution that enables them to gain lifelong skills to optimize their sleep quality,” said Nancy Rothstein, Director of CIRCADIAN Corporate Sleep Programs.

Sleep Well/Live Well, a 4-week, self-managed program, is designed to facilitate habit changes. The program begins with a modulated online educational workshop and helps to empower users by providing the tools necessary to optimize sleep improvement sustainability. The customizable virtual platform includes educational training units and interactive questionnaires, as well as a participant workbook and sleep diary.

“Small shifts in sleep behavior can have a huge impact on the way a person feels each day,” Rothstein said. “As an example, employees at a Fortune 50 company who participated in CIRCADIAN’s corporate sleep program said they have noticed a significant improvement in their daily lives as a direct result of the program.”

To sign up for a demonstration of CIRCADIAN’s Sleep Well/Live Well program, click here.

About CIRCADIAN®

CIRCADIAN® is the global leader in providing workforce performance and safety solutions for businesses both large and small. Through a unique combination of consulting expertise, research and technology, software tools, and informative publications, CIRCADIAN helps organizations optimize employee performance and reduce the inherent risks and costs of fatigue and sleep deprivation.

To learn more about CIRCADIAN’s Corporate Sleep Programs, visit http://www.circadian.com/goodsleep

Press Contact:
Irene Fassler
CIRCADIAN®
781-439-6325
ifassler@circadian.com
www.circadian.com

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