SLEEP WELL/LIVE WELL™
An online sleep improvement program

Sleep Well/Live Well is an online comprehensive sleep-improvement program designed to bring your workforce information and tools for better sleep, heightened productivity, and healthier living. Our online platform offers flexibility to your employees, and administrative ease for HR and Wellness leaders. This self-managed program creates awareness of the effects of sleep insufficiency, educates participants in basic sleep science principles, and facilitates habit-changing behaviors related to sleep.

Sleep Well/Live Well fills a void in today’s corporate wellness landscape. Historically, corporate-wide sleep programs have focused on identifying and treating only those employees with sleep disorders. To complement existing programs for diagnosable disorders, Sleep Well/Live Well engages all employees struggling with poor sleep hygiene and/or habits – or disordered sleep – to embark on sustainable sleep improvement.

Sleep Well/Live Well’s structured curriculum includes an online modular sleep education workshop, and detailed, easy-to-use workbooks to guide participants through the four-week program. The program’s workbooks are a rich resource for information on sleep science and sleep strategies, and offer opportunities for enhanced learning.

ONLINE WORKSHOP
AGENDA
- Introduction to Sleep Well/Live Well
- Basic Sleep Science
- Why Does Sleep Matter?
- Safe, Sound Sleep
- Sleep Strategies
- Getting Started: Using Your Participant Workbook

WEEK-BY-WEEK FOCUS

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<th>Understand Your Sleep and Identify Your Goals</th>
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CIRCADIAN® Corporate Sleep Programs
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About CIRCADIAN®

CIRCADIAN, a global leader in providing 24/7 workforce performance and safety solutions, helps organizations improve employee performance and reduce the inherent risks and costs associated with employee sleep deprivation and fatigue. This is done through the unique combination of consulting expertise, research and technology, software tools, and informative publications used by Circadian since it was founded in 1983. Circadian recognizes that sleep is integral to improving businesses’ human capital and employee well-being. Circadian Corporate Sleep Programs offers customized sleep education and training initiatives for sustainable sleep improvement, enhancing the lives of all employees both at work and at home.

CIRCADIAN’s Corporate Sleep Programs are tailored to serve the strategic goals, workplace culture, workforce demographics and budget of our clients. Our goal is to ensure that your employees are equipped and empowered with the knowledge, strategies, tools, and resources that will support sustainable sleep improvement and benefit both employer and employee.

Other CIRCADIAN® Corporate Sleep Programs:

Host a workshop, Lunch & Learn or webinar in your organization to heighten productivity, and to ignite discussions about the importance of sleep for healthy living and high performance.

Designated trainers become in-house sleep champions and learn how to deliver our Sleep 101 workshops and our Sleep Well/Live Well sleep improvement program. These programs are delivered on-site and include a comprehensive review and demonstration of the educational materials, presentation of audio-visual materials, extensive question and answer dialogues, and trainer practice sessions.

The Good Sleep Guide is an informational booklet containing authoritative information, interactive exercises, and practical tips to help the reader recognize the causes and consequences of sleep insufficiency, and to take steps to improve their sleep, health, and overall well-being.

Please contact us at csp@circadian.com for more information.