



Virgin Pulse

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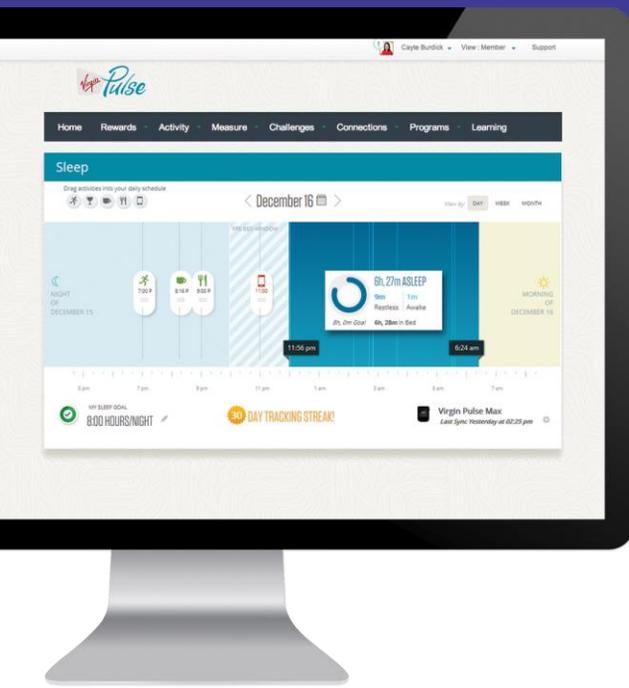
# ARE YOU GETTING ENOUGH SLEEP?

(How do you know?)

One surefire way to know is to track your sleep. And Virgin Pulse has just the solution to help you analyze and manage sleep so you can feel your best throughout the day! And yes, you can earn rewards too!

# The problem with not enough sleep

Lack of restful sleep can cripple your energy, focus, productivity, reaction time and cloud your judgment. Furthermore, prolonged sleep deficiency can lead to chronic diseases like hypertension, diabetes, depression and obesity. But you can do something about it.



# Sleep soundly

Say hello to Virgin Pulse's sleep program. Beyond tracking the quality and duration of sleep, we'll help you develop good habits like eliminating food and beverages or activities that can disrupt sleep, and teach you to wind down and prepare for bedtime, so you can build a holistic understanding of your sleep routine. Need a nudge? You got it. How about the ability to create or join challenges and **earn points for rewards**? That's right, who knew a good night's sleep can pay such great dividends!

## Learn Set goals & track sleep daily

Aim for 7-9 hours of sleep and use the Sleep Time app (or your Fitbit or Misfit Shine device) to seamlessly track and validate your sleep quality, duration, and progress over time.

## Do Take steps to better sleep

Uncover how activities and habits can impact a good night's rest. We've made it easy for you to log your routines like exercise, food and screen time to help you uncover behaviors that may help or hinder your sleep quality. Click on an activity icons on the scheduler to mark the time. Then take corrective actions using our tips.

## Become Make sound sleep a habit

Habits take time to form. Good results come with effort and commitment. Sleeping well is no different, and we'll give you tools and resources to support you every step of the way. A better you awaits!

## Get rewarded

*There are many ways to earn rewards:*

- Daily tracking with or without devices
- Reaching a minimum goal of 7 hours of sleep
- Tracking for 5 out of 7 days in a week
- Completing sleep tracking challenges
- With more ways to earn, to come.

## Ready to dive in?

Ready for a healthier, happier and more energetic you? Getting started couldn't be easier. Check out the Sleep Program page in your Virgin Pulse member account today!

Sign up now at [virginhealthmiles.sandia.gov](http://virginhealthmiles.sandia.gov)

Start tracking at [virginpulse.com/sleep](http://virginpulse.com/sleep)

