

Lights Out!



GETTING YOUR ZZZ'S.

Sleepy? Getting enough rest is essential to good health. Learn ways to get a better night's sleep.

ENCOMPASS Employee Assistance and Work/Life Program can help with:

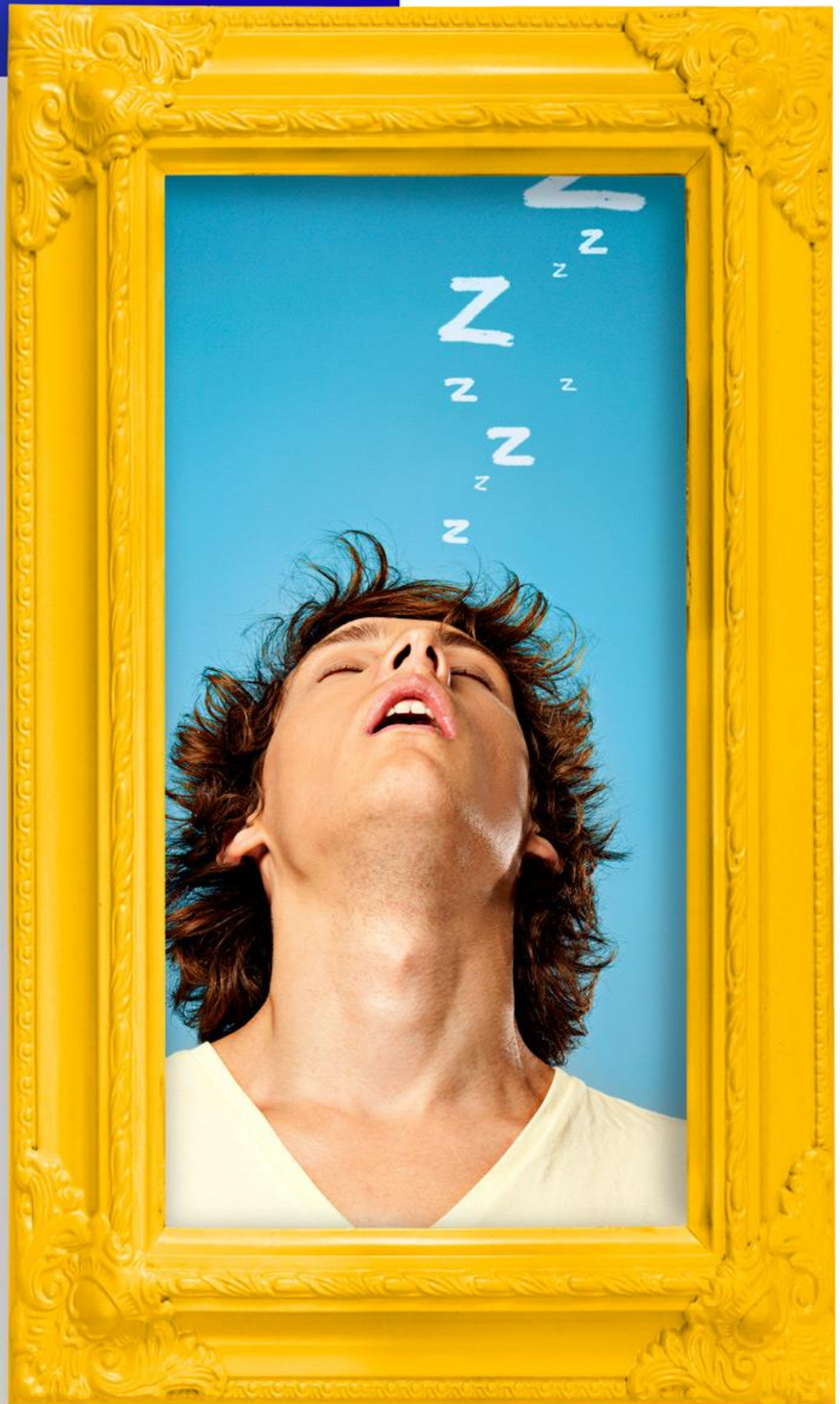
- Articles on sleep disorders, sleep aids, and infant sleep patterns
- Information on jet lag, sleep and exercise, and snoring
- A link to the National Institutes of Health Sleep Quiz
- Resources on sleep apnea

TOLL-FREE: **800-788-8630**

WEBSITE:

www.encompass.us.com

Available anytime, any day, ENCOMPASS Employee Assistance and Work/Life Program is a free, confidential program to help you balance your work, family, and personal life.



ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE PROGRAM
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