


# Rest and Revive

*Simple solutions for a good night's sleep*

Awaken a stronger you

Getting enough sleep each night can reduce stress and spur your creativity. It can even help you lose weight. To get you feeling more focused and productive, we've teamed up with Kaiser Permanente to bring you Rest and Revive. During this fun, easy-to-follow program you'll receive six weekly emails with practical suggestions for getting better rest. This six-week program runs **July 23 through September 7**.

 *Get on the path to better rest by joining the program and tracking your progress every week*



To register, please [click here](#).



**More than half of Americans get insufficient sleep**

Percent of population that sleeps less than seven hours a night on workdays

66%

Japan

53%

U.S.

39%

U.K.

36%

Germany

30%

Canada

29%

Mexico



Program  
Kickoff

**Wednesday, July 18, 2018**

12:00 – 1:00 p.m. | HUB 302 South



Water, tea, coffee and fruit & veggie platters will be provided



Kaiser Permanente - stress management presentation