

This February,  
let's focus on the  
**HEART**  
(in more ways than one)

**Sleepio**



Health Plan



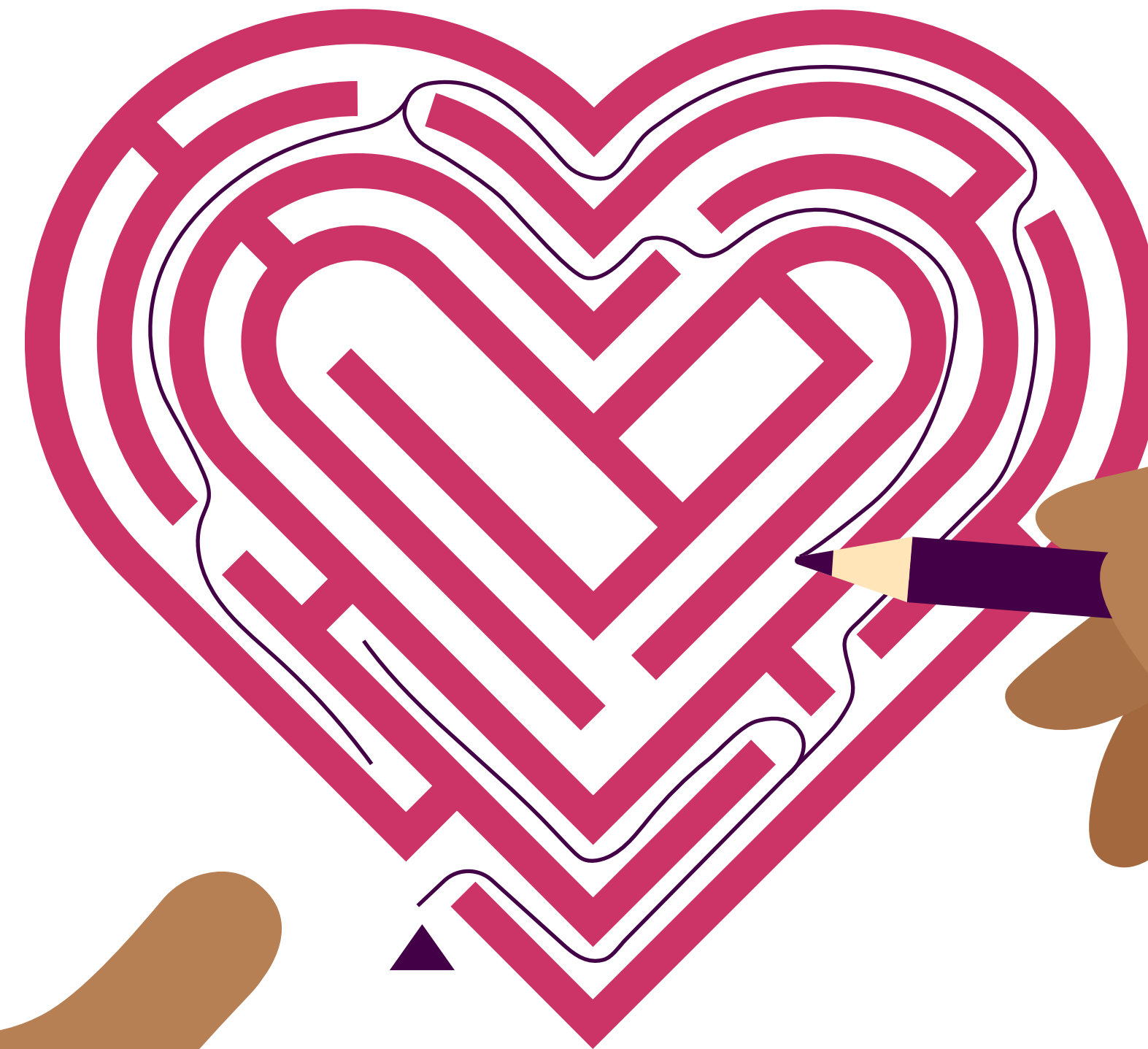
## We like to think it's no coincidence that Heart Health Month overlaps with Valentine's Day

The ever-present candies, cookies, and decorations remind us that this is a holiday about tender feelings of love and affection that come from our figurative "hearts."

But it's also a time to think about ways to take care of your actual heart — the one beating inside your chest. And one of the best ways to do that is to get enough sleep.

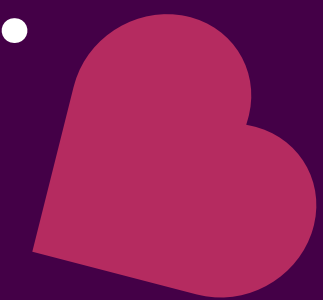
XOXO

Make February the month you make heart health a priority by trying [Sleepio](#), an online program to help with poor sleep, available at no cost to you.





# Follow your heart... straight to bed



There are lots of things we can do in the name of good cardiovascular health: eat healthy, avoid cigarettes, and even floss. But one of the biggest ways to avoid risks to your heart's well-being is to get enough sleep. Research shows that getting between 7-8 hours of sleep per night is linked to reduced risk of cardiovascular disease.



**Shorter sleep duration and sleep disturbance are both linked to high blood pressure, which can also increase the risk of heart disease**

Getting enough sleep is also important for warding off worry and anxiety that could put your heart at risk.

Researchers have found a link between sleep disturbance and anxiety, as well as a correlation between worry, anxiety, and increased risk for cardiovascular disease.

A healthy sleep schedule helps you avoid risks to your heart in more ways than one.



# Sleepio can HELP

Getting enough sleep is easier said than done. And for some people who struggle with sleep, that fact alone is enough to bring on stress or anxiety that makes sleep even more elusive. If this sounds like you, Sleepio can help.

Sleepio is the first online sleep improvement program that's clinically proven<sup>1</sup> to help you improve your sleep in just six weeks, so you can stay on the path to heart health.

Get started

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1. Espie et. al (2012), Sleep

Disclaimer: Sleepio may not be suitable for everyone, please review the associated safety information by going to the [Suitability Page](#) for more details prior to starting the program.

