



One of the biggest drags on emotional well-being is something we all experience from time to time: poor sleep. One way to protect yourself from these struggles is by building what's known as "mental health resilience" — the ability to manage challenging situations and emotions. In honor of **Mental Health Awareness Month**, here are practical tips to build your mental health resilience and feel your best.

Getting healthy sleep to fortify your mental health

While sleep may seem like more of a physical issue, the impact it has on our mental well-being is significant. We all have a bad night of sleep from time to time, but ongoing sleep troubles are linked to higher rates of depression, insomnia, and problems at work.

Hard feelings about work, family, and relationships are common factors that contribute to poor sleep. However, many aspects of modern life play a part too: things like scrolling on our phones, a glass of wine before bed, or bedrooms that are too warm or cold. Making small adjustments over time can lead to better sleep at night, and more energy during the day.

Sleepio, a digital program to help with poor sleep, can guide you step-by-step through addressing not just disruptive sleep habits, but also difficult thoughts and emotions that may be keeping you up at night.



Help for poor sleep is available to you right now

Even though most of us recognize how important mental health and good sleep are, it can still be hard to talk about them — or to reach out for help. Fortunately, there's a digital solution that's safe, effective, and private. Plus, it's available to you at no cost.

Sleepio, an online sleep improvement program that's based on cognitive and behavioral techniques, is <u>proven</u> to help people fall asleep faster and stay asleep longer. Get started with **Sleepio** now.



Sleepio is available at no additional cost to members enrolled in any CU Health Plan administered by Anthem/CVS.

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Sleepio and Daylight are available as an adjunct to usual medical care for insomnia disorder or generalized anxiety disorder, respectively, for adults ages 18 and older, without FDA review under their COVID-19 policy.