



# ◆ Wellbeats

Wellness

## Sleep & Movement Program

The link between sleep and stress & mental health, how to overcome sleep problems, and debunking common myths about sleep to improve the quality of one's sleep.

Scan to enroll



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p>What is blue light and how does it affect my sleep (Mental wellness) 1 min</p>	<p>Getting back to sleep after waking in the night (Mental wellness) 2 min</p>	<p>Do herbs &amp; pillow sprays help you sleep? (Mental wellness) 1 min</p>	<p>Setting up for a G.R.E.A.T. night sleep (Mental wellness) 5 min</p>	<p>Using white noise to achieve better sleep (Mental wellness) 4 min</p>	<p>Menopause, stress, and how they impact your sleep (Mental wellness) 6 min</p>	<p>Breathing exercises to help with sleep (Meditation) 5 min</p>
WEEK 2	<p>Tackling unhelpful thoughts about sleep (Mental wellness) 5 min</p>	<p>Breaking the stress-sleepless cycle (Mental wellness) 5 min</p>	<p>Importance of sleep for your overall health (Mental wellness) 6 min</p>	<p>How much sleep do I need? (Mental wellness) 5 min</p>	<p>5 movements to reduce sitting-related pain (Work breaks) 3 min</p>	<p>The impact of physical movement on our wellbeing (Exercise education) 6 min</p>	<p>Tools to Incorporate Movement Into My Workday (Exercise education) 1 min</p>
WEEK 3	<p>The power of movement: becoming body aware (Exercise education) 4 min</p>	<p>Mobility breaks to reduce posture-related issues (Work breaks) 5 min</p>					