

Insomnia, Sleeping Problems

The Insomnia, Sleeping Problems module is an online program that is proven to help individuals who are experiencing insomnia and other difficulties with sleep in short, easy sessions.

Learn new skills, techniques, and exercises that can promote better sleep.

Feeling better, being better

- Proven, medication-free option
- Simple, easy-to-follow instructions
- Access anytime, anywhere and at your own pace
- Private and confidential

Research proves you can:

- Learn new skills to help sleep better
- Learn exercises that can promote better sleep
- Experience improvement — people increased sleep time by 50 minutes per night

Available to you at no cost.

Begin feeling better by logging on today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers.

USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust



800-327-4968

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www.EAP4YOU.com

**Trouble
sleeping?**