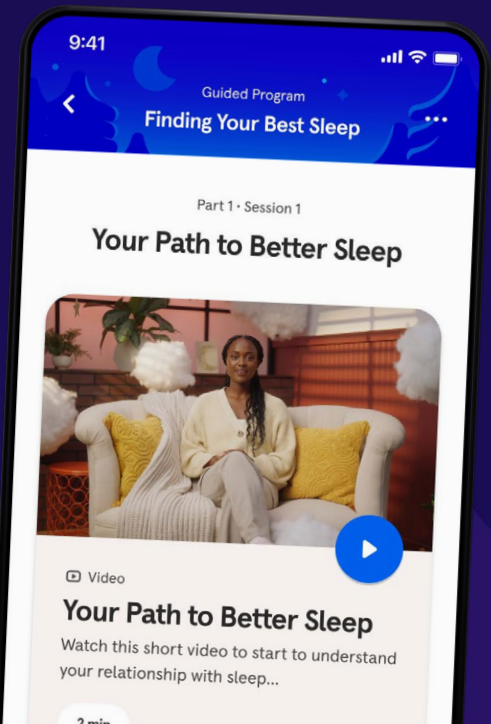




Your guide to better shut-eye

Guided program: Finding Your Best Sleep



There are lots of ways to get quality rest, but what works best for you? In this program, you'll explore how your schedule and habits impact your rest – so you can discover strategies to help you go to bed relaxed and wake up more refreshed.

- ◆ Observe and understand your relationship with sleep
- ◆ Discover strategies to improve your sleep
- ◆ Maintain your progress using the skills you learned

ABOUT GUIDED PROGRAMS

Headspace guided programs combine mindfulness exercises, skill-building activities, and practices used in therapy to help you build healthy habits. Looking for more? Try **CBT for Mood & Anxiety** and **Managing Stress**.

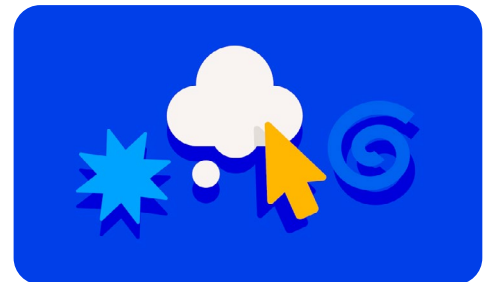
FEATURING



Dora Kamau
Meditation Teacher



Dr. Aric Prather, PhD
Sleep Scientist, Clinician



Understanding your sleep needs
3 minute video



Find guided programs in the Explore tab of the Headspace app.

Not a member yet? Your organization provides access to Headspace at no cost to you. Get started at <https://work.headspace.com/imafinancialgroup/member-enroll>