

Virgin Pulse sleep guide

Sleep is incredibly important to your health. It strengthens your memory, can prevent disease, and makes you happier.

That's why we offer a Sleep Guide to help. Use it to track your bedtime routine, nightly sleep — and get more Zzzs for good.

Get started

Go to member.virginpulse.com. Once you've signed in, click **Programs** from the main menu. Then choose the **Sleep Guide**.



Step 1:

Tell us how you want to improve your sleep.

Do you need tips for getting to bed earlier? Help with quieting your mind? Are you handling shift work? Let us know.

Step 2:

Decide which sleep habits to work on.

We'll recommend a few research-based habits that improve sleep. Then you'll get rewarded for trying them out and tracking what you do.

Step 3:

Make a realistic sleep goal. Ideally, how many hours of sleep do you want? Research recommends 7 to 9 hours, but most of us don't even get close. Don't worry — our Sleep Guide can help you get there.

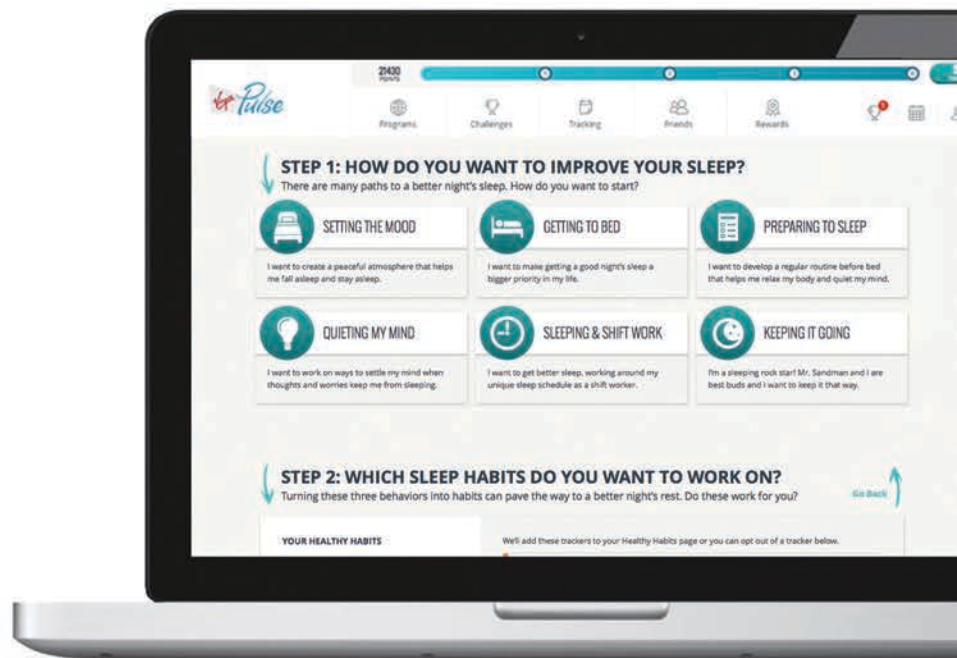
Step 4:

Set up your sleep tracker.

You can track your sleep using Max Buzz™, Fitbit, Azumio, Garmin, Misfit, Striiv, or Withings. Decide which one you'll use to help you snooze.

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Get more shut-eye

Set a goal

Aim for getting 7 to 9 hours of sleep each night.

Build sleep habits

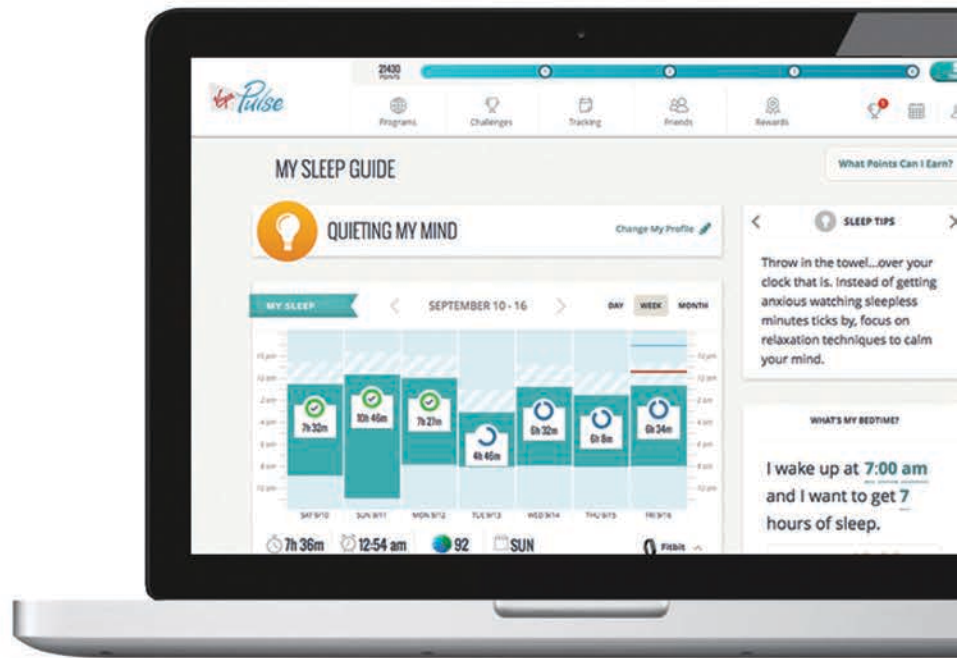
Change your nightly routine with ideas proven to help. Try darkening your room, removing electronic devices, setting a bedtime, and more.

Get insights about your sleep

Wondering how much sleep you're actually getting? Just connect a fitness tracker, wear it through the night, and find out how well you're sleeping.

Reap the rewards

When you track your sleep nightly, you'll get rewarded for sleeping 7 to 9 hours.



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