

GBS Health & Wellness

Wellness Seminar

# Rise & Shine



## Mental & Physical Well-being

*It can be a challenge to get a restful night of sleep. Watch this brief presentation to learn helpful sleep remedies and how to be proactive in taking control of sleep health!*

An increasing amount of research connects the duration and quality of sleep with health - both physical and emotional. However, insufficient sleep is a significant issue in America today with one in three adults reporting not getting enough sleep on a regular basis.

This presentation reviews the importance of sleep and explains different factors that can help or hinder quality sleep. Learn a practical approach to getting adequate sleep to improve productivity, overall health, and safety in the workplace.

After watching this video, take the quiz to put your sleep health knowledge to the test!

Webinar Link: <https://vimeo.com/gbsbenefits/review/408615558/17387b20fa>



A Leavitt Group Company

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## Quiz

*Complete this quiz to test your knowledge and to see what you learned by watching this webinar!*

1. Poor sleep is associated with which of the following chronic conditions?
  - a. Obesity
  - b. Stroke
  - c. Diabetes
  - d. All of the above
2. T/F: The human body cycles through different stages of sleep several times throughout the night, with one full sleep cycle lasting approximately 90 minutes.
3. Which of the following is **not** an effective sleep remedy?
  - a. Go to sleep and wake up at the same time every day (including the weekend)
  - b. Practice deep breathing techniques
  - c. Engage in vigorous exercise within 2 hours of bed
  - d. Eliminate electronic use 60 minutes before bed
4. T/F: The ideal nap length is 60 minutes.
5. Please share something you learned from this recording:

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