



Sleep 101

Poor Sleep Leads to Bad... Everything. Learn Sleep Basics with Sleep 101.

Have you been short-tempered lately? Unable to focus? Napping at odd times? If so, you might not be getting the sleep you need. Over time, poor sleep can also lead to both physical and mental health conditions. **Sleep 101** can help you learn the basics of healthy sleep and what changes you can make to get better rest.



WHAT IS SLEEP 101?

Sleep 101 is a short online program that teaches the importance of sleep and what might be keeping you from getting healthy sleep. The lessons are interactive and engaging with videos, games, and activities. While designed with Veterans in mind, anyone can use the **Sleep 101** program. It's free, confidential and accessible on any kind of device.

WHAT WILL I LEARN?

Sleep 101 is designed to help you:

- Understand the value of proper sleep
- Identify behaviors that interfere with sleep
- Build a plan to form better sleep habits

TALK TO YOUR DOCTOR

Sleep 101 is not intended to replace diagnosis or treatment from a health care professional. If you have already been diagnosed with insomnia, this program won't fix your insomnia problem. But, other tools available on the **Path to Better Sleep** website could be helpful. Talk to your doctor about next steps.



Visit Today!
www.VeteranTraining.va.gov/Sleep101



U.S. Department
of Veterans Affairs