In today's fast-paced world it can be difficult to obtain sufficient sleep. Getting great sleep can leave you feeling refreshed and is one of the best things you can do for your mental and physical health. Join us as we explore the reasons why many are not getting good quality sleep and how lack of sleep can result in serious health risks. Participants will receive guidelines and techniques to help improve their sleep hygiene.

**Thursday, November 10, 2022**

**12:00 - 1:00 p.m.**

**Registration:**

Web portion: URL: [http://magellanhealth.adobeconnect.com/rj9jszhh0gmr/](http://magellanhealth.adobeconnect.com/rj9jszhh0gmr/)

To log in as Guest, simply enter name and click on “Enter Room” button. If you experience difficulty entering the webinar room, use this link to test your connection: [http://na3cps.adobeconnect.com/common/help/en/support/meeting_test.htm](http://na3cps.adobeconnect.com/common/help/en/support/meeting_test.htm).

Audio conference: There are two options for listening to the webinar.

- Via computer, please unmute your computer speakers to access the audio.
- You will be able to communicate with the presenter via the **Chat** feature.
- Via phone: **1-913-227-1201**, access code **3288396129**. Please mute your phone.

**Learning Objectives**

- Describe the importance of sleep.
- Identify how sleep deprivation can affect your health.
- Determine things that interfere with sleep.
- Identify techniques that can help improve sleep.
- Recognize when it is time to call a doctor.

**Who Should Attend?**

- These workshops are free to state employees and reservations are not required. Seating is on a first come, first-served basis.
- Before planning to attend, employees should ensure supervisor’s approval.
- Please provide two weeks notice for special accommodations.