



Virgin Pulse Sleep Guide

Healthy sleep habits set the scene for your overall wellbeing. Getting sufficient sleep doesn't just help you feel good. It can also strengthen your memory, lower stress, help prevent disease and improve your mood.

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

Get started on desktop by going to **Health** in the menu, then choose **Sleep Guide**. On the app, go to **Benefits** and find **Sleep Guide** in the list of programs.



5760/092421



Get more shut-eye

Sleeping better means feeling better. The Sleep Guide will help you build healthy sleep habits that improve both the length and quality of your sleep. If you're well rested, you'll be more focused, productive and equipped to take on the day ahead.

Set a goal

Aim to get 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.

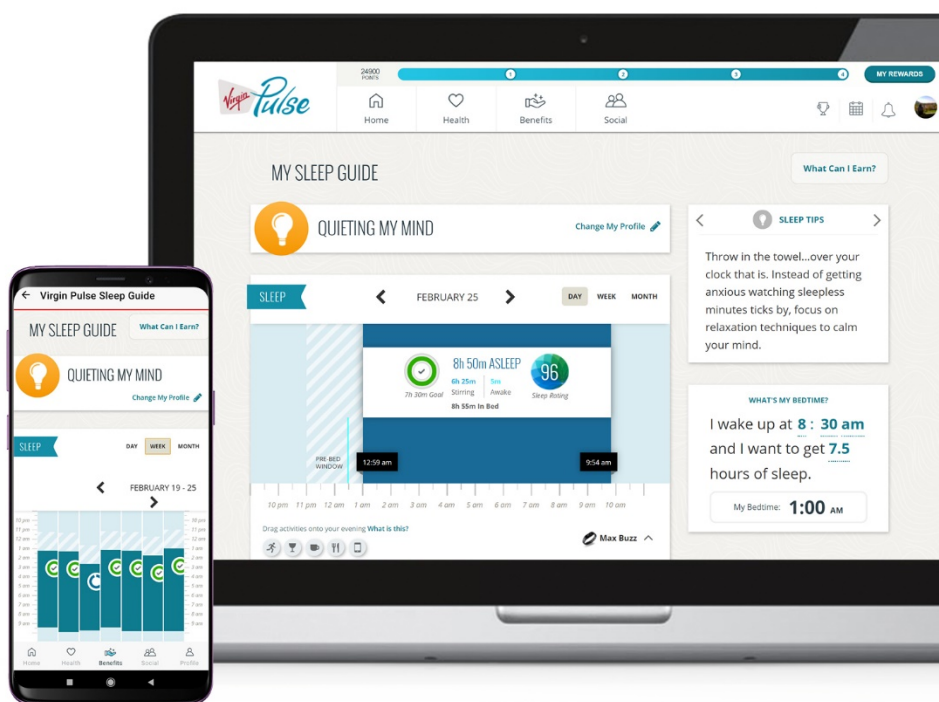
Get insights about your sleep

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

Wear your sleep-tracking device to bed to track your sleep nightly and get rewarded for sleeping more than 7 hours. If you don't wear a device to bed, you can manually track your sleep to earn rewards.

Not a member yet? Don't miss out on all the fun!
Get started today by going to join.virginpulse.com/COMPANY.



Choose your sleep profile

Get personalized recommendations to help you improve the quality of your sleep by answering a few questions about your current habits.



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.



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.



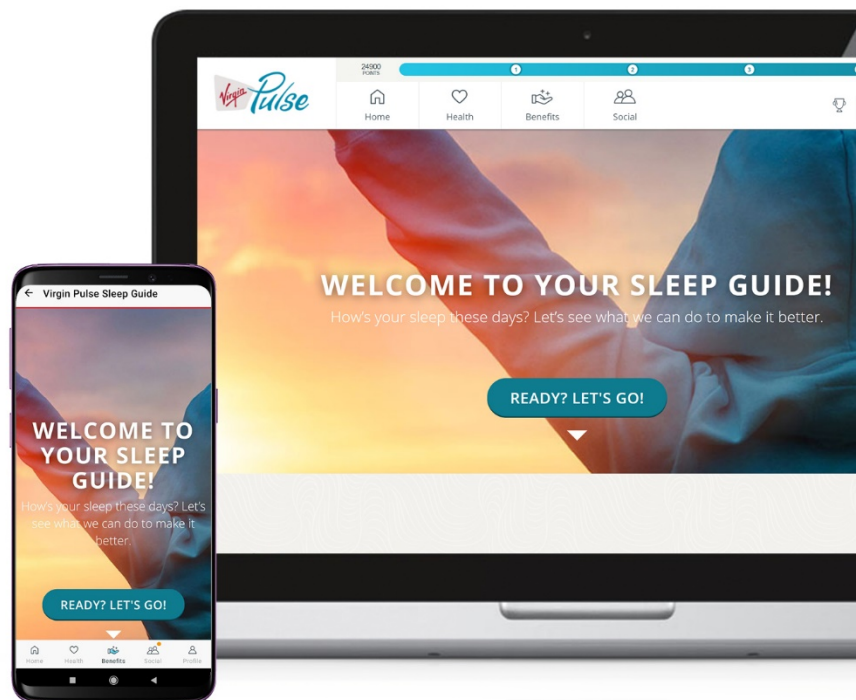
Make a realistic sleep goal.

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.



Set up your sleep tracker.

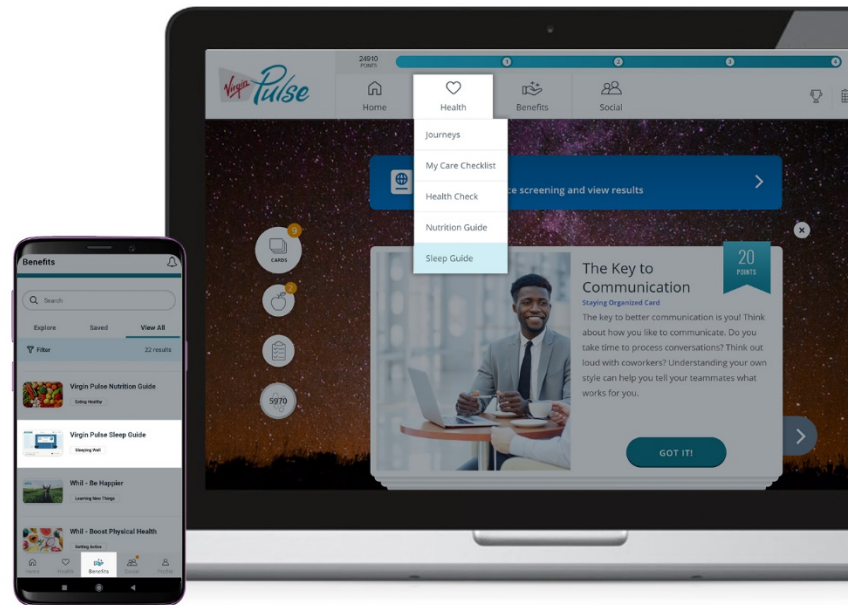
You can track your sleep using Max Buzz™, Fitbit, Apple Health, Azumio, Garmin, Misfit or Withings. Decide which one you'll use to help you snooze.



Get started

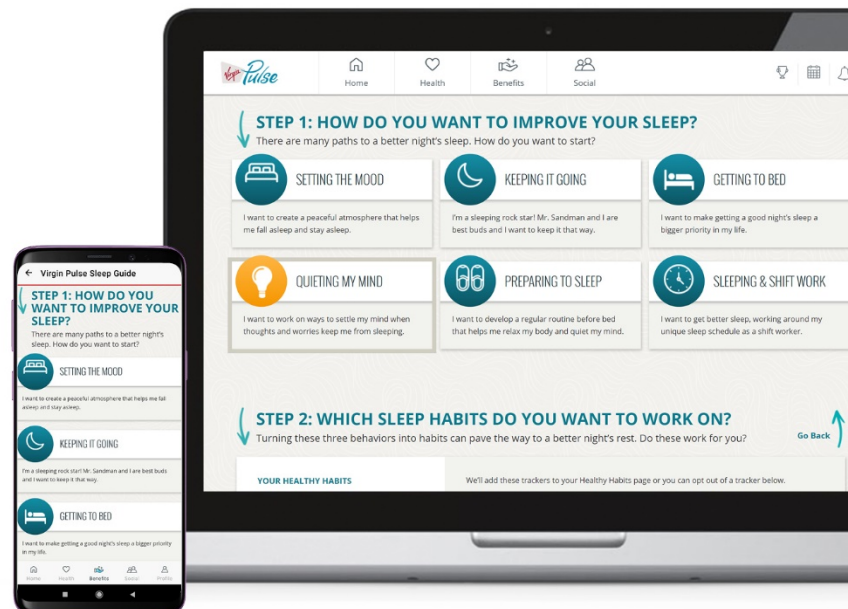
Step 1

On desktop, go to **Health** in the menu, then choose **Sleep Guide**. On the app, go to **Benefits** and then find **Sleep Guide** on the list of programs.



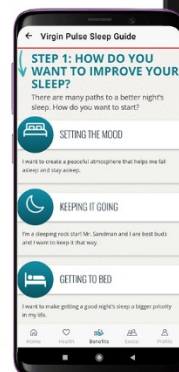
Step 2

Answer some sleep-related questions and tell us what you want to achieve with your sleeping habits.



Step 3

Save changes, then click **Start My Guide** to learn how to make good sleep choices.



Not a member yet?

Don't miss out on all the fun! Get the mobile app or go to join.virginpulse.com/COMPANY.

