

# Getting Better Sleep



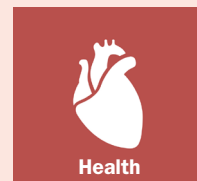
**Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Get the Good New **Zzzzzzzzzzzzzzzzzzz**

We all know sleep is important, but we don't always make it important. Educate yourself about how to get better sleep to avoid fatigue, health problems and errors.

When you log into our Wellness and Training Center, head to the section on health where you'll find many articles, videos and quizzes with information and tips on how to build better sleep habits.

**Look for the health icon when you log into Wellness & Training Center**



*First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.*

*All counseling services are confidential in compliance with the law.*

**First Sun EAP Counselors are available 24/7/365 at 800-968-8143.**

**Employee  
& Family**

**Member Services**