

TRUE OR FALSE: Lack of sleep can increase your sensation of hunger.

sl  p **EAzzzY**

TRUE! Sleepy people tend to feel hungrier than those that get adequate amounts of sleep.

Sleep is also essential for:

- managing stress
- improving mental function
- maintaining body weight
- reducing the risk of certain diseases
- even lengthening your lifespan

Join **Sleep EAzzzY** to help you establish a healthy sleep routine!



During this FREE 4-week program, you will learn how to establish an effective sleep routine, create a sleep-inducing environment, and work to improve your quality and quantity of sleep.

You will receive weekly motivational emails, handy tracking tools, and tips you can easily apply to your life. PLUS, upon successful completion of the program, you will earn 1,000 SimplyWell points and a chance to win prizes!

PROGRAM DATES: May 7 – June 1

Here's how:

1. Go to MyCreighton, click on the apple, log in with your Net ID and Blue Password.
2. Click on *My Plan* on your homepage, hover your mouse over *Wellness Events*, then click on *View all wellness events*
3. Scroll down to click on *Sleep EAzzzY*
4. Click *Register Now!* You will receive an email from info@simplywell.com confirming your registration.
5. Look for helpful emails throughout the program and read the "How to Participate" document in the Sleep EAzzzY Wellness Event.

Questions? Contact wellness@creighton.edu