REST AND REVIVE
Simple solutions for a good night's sleep

Awaken a stronger you

Getting enough sleep each night can reduce stress and spur your creativity. It can even help you lose weight.* To get you feeling more focused and productive, we've teamed up with Kaiser Permanente to bring you Rest and Revive. During this fun, easy-to-follow program, you'll receive six weekly emails with practical suggestions for getting better rest.

Program kickoff:

Get on the path to better rest by joining the program and tracking your progress every week.

More than half of Americans get insufficient sleep
Percent of population that sleeps less than seven hours a night on workdays

66%	53%	39%	36%	30%	29%
Japan	U.S.	U.K.	Germany	Canada	Mexico

A 2013 poll by the National Sleep Foundation found that 53% of Americans sleep less than seven hours a night — and 21% report sleeping less than six hours.[†] That ranks us among the most sleep-deprived countries.

* Alyssa Sparacino, "11 Surprising Health Benefits of Sleep," Health.com, http://www.health.com/health/gallery/0,,20459221,00.html, accessed September 2, 2014.

[†] 2013 International Bedroom Poll, National Sleep Foundation, sleepfoundation.org.

KAISER PERMANENTE® thrive