



***MMHG Wellness Presents:***

# **The Tools & Techniques that Foster Sleep**

**A Sleep Awareness Abridged Video**

***View anytime!***

Watch and learn:

- ♦ How to develop tools and techniques to maximize sleep and improve work performance
- ♦ Good sleep hygiene and practices and how to incorporate them into our busy lives
- ♦ Tools and techniques that will help turn sleep practices into sleep habits
- ♦ Strategies for restless nights

**CLICK HERE TO WATCH**

Or use link:

<https://vimeo.com/530411847/61ed1bfc8b>

This 25- minute abridged video is free and available for a limited time to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents to view at their convenience.

Visit [www.mmhg.org/wellness](http://www.mmhg.org/wellness) to find more abridged wellness videos and a full calendar of wellness programs and events.