

Did you know? You may be eligible for Omada at no additional cost



WEEK 3

Snooze 7-9 Hours.

If you seldom clock 7 to 9 hours between the sheets, it could be affecting your weight. Being underslept knocks hunger hormones out of balance, sending you in search of food—junk food, that is. Studies suggest that a lack of sleep can spark specific cravings for carbs and other fattening treats.

Tonight, challenge yourself to get 7+ hours of sleep.

How do you spend more quality time with your pillow? Depending on what's keeping you awake, 1 or more of these strategies can make a difference:

1. Squeeze in that workout.

Research shows that people who exercise regularly fall asleep faster and sleep nearly 45 minutes longer each night than people with sedentary lifestyles.

2. Kick your laptop out of bed.

Working or browsing between the sheets causes you to associate your bed with something other than rest and relaxation, which is counter-productive. Your bed should be reserved for sleep, and calming activities like light reading, stretching, and meditating.

3. Say goodnight to stress. Instead of buzzing around, establish a relaxing ritual before bedtime.

It might be a few minutes of yoga or deep breathing, a warm shower, or twenty minutes with a good book. Make it the one thing you do every night before bed. Before long, that ritual will “signal” your brain that it's time to wind down.

4. Create a sleep cave. Bears hibernate in dark, cool, quiet caves for a reason.

These conditions are optimal for deep sleep. Banish light by turning off all screens and investing in dark curtains—or just wear a sleep mask. Drown out noises by running a white noise machine or fan. Finally, wear light clothing and keep the room temp under 72 degrees.

Make health a habit with Omada.

If you'd like help turning little changes like these into lifelong habits, check out the Omada program. Omada is available to employees and their adult family members who are at risk for type 2 diabetes, and enrolled in a SEGIP medical plan (at no cost to you). Get started at omadahealth.com/segip