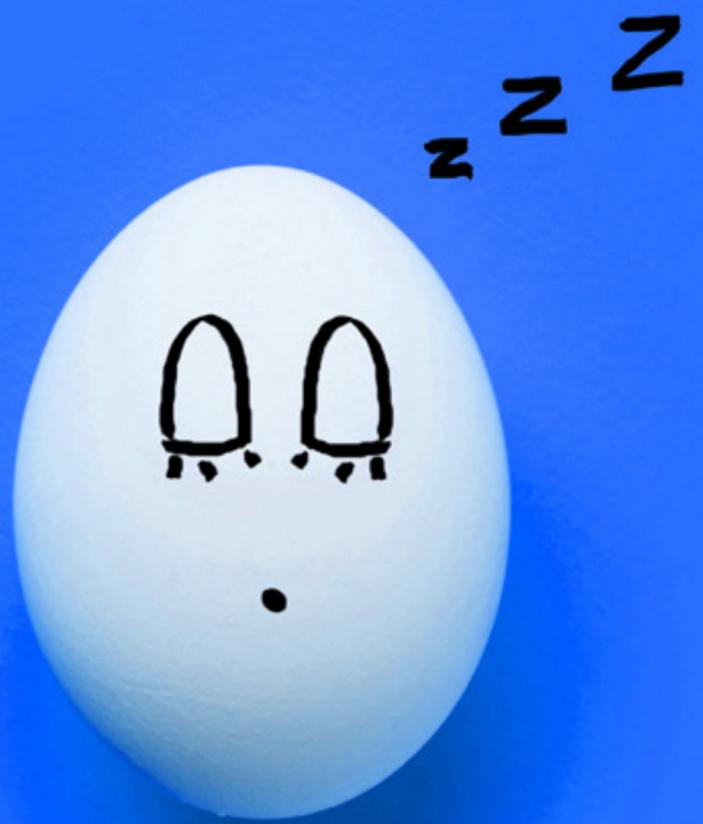




Promoting healthy sleep

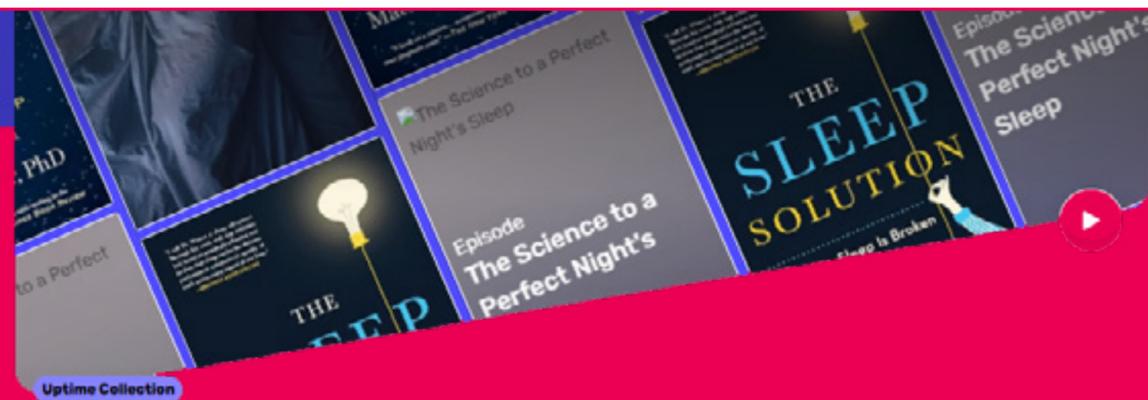
Getting a good night's sleep is key to feeling your best all day, every day.

Explore the following HP resources to help you rest, recharge, and feel refreshed.



Optum

- [The importance of sleep](#)
- [Tips for a goodnight's sleep](#)
- [Challenge yourself 5 steps better sleep](#)
- [Brain Basics: Understanding Sleep](#)
- [Healthy Sleep: How Much Sleep is Enough?](#)
- [Fight Fatigue with Exercise](#)
- [A better night's sleep is within your reach](#)



*uptime

- [Coloring Page 'Color Your Way to Calm'](#)
- [How to sleep better collection](#)

headspace

- [3 simple steps to download the Headspace app](#)
- [Sleep Course: Sleep](#)