

Improving Your Sleep

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



Improving Your Sleep

Learn how sleeping behavior and thinking patterns affect your sleep and how to change both for a good night's rest. This class does not apply to problems related to a medical condition, substance abuse, or medications.

In this four-session class you will learn:

- How to reduce the worries that keep you awake
- Relaxation techniques
- Ways to establish a sleep routine
- The role and limits of medications

Dates & times:

Four weekly sessions.

Call Health Education Department for dates/times.

Fees:

No Fee for Kaiser Permanente members
Nonmembers: In-person \$90, online \$30

**To register for this class, please contact
Health Education Department 415-833-3450
or email: SFHealthEd@kp.org**

Program costs listed may be subject to change and may depend on your health plan coverage.
Please refer to your current Evidence of Coverage (EOC) to confirm services covered under your plan, or call Kaiser Permanente Member Services for additional information.

Your Online Tools A Shortcut to a better life

My Doctor Online kp.org/mydoctor

- Choose and email your doctor
- Get online programs, videos, and recommended information from your doctor
- View Insomnia EMMI
- Search Sleep Related articles

Podcasts- kp.org/listen

- Stress Management
- Sleep
- Panic Attack and Anxiety
- Relaxation and Wellness
- Self Confidence

Interactive Program

kp.org/healthylifestyles

- DREAM a personalized assessment and tailored program for your needs



Visit the Health Education Center

2241 Geary Blvd, SF, CA 94115 or
1600 Owens St., SF, CA 94158
Call (415) 833-3450

Hours: Monday - Friday 9 a.m. – 5 p.m.

SFHealthEd@kp.org

kp.org/sanfrancisco/healthed