



# INSOMNIA

## At-A-Glance Options At Kaiser Permanente In Santa Clara.

### INDIVIDUAL APPOINTMENTS

<b>Health Education</b>	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, insomnia, diabetes care and stress management. In person, video, and phone appointments are available.	Health Education <b>408-851-3800</b>
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### ONLINE CLASSES

<b>Improving Your Sleep</b>	Four sessions. This class is designed to help improve the quantity and quality of your sleep.	Health Education <b>408-851-3800</b>
<b>Emotional Wellness</b>	One session. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression.	
<b>Managing Your Stress</b>	Six sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management.	
<b>Understanding Your Anxiety</b>	Six sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms, and treatments for anxiety.	
<b>Introduction to Meditation &amp; Relaxation</b>	One session. Learn basic meditation practices. Including body posture and breath awareness, two of the most important aspects of meditation.	
<b>Breath of Yoga</b>	Three sessions. Learn a profound breathing technique providing the benefits of yoga without using postures.	

### ONLINE RESOURCES

<b>Relax™</b>	An online HealthMedia® Program with an individually tailored plan for handling stress. Discover what causes your stress & ways to manage it.	<a href="http://kp.org/healthylifestyle">kp.org/healthylifestyle</a>
<b>Dream</b>	An online HealthMedia® Program that can help you gain greater control over your insomnia—and work toward feeling better.	<a href="http://kp.org/healthylifestyle">kp.org/healthylifestyle</a>
<b>Healthful Sleep</b>	A free guided imagery podcast to help you with insomnia and music that you can download to an mp3 player or listen to online.	<a href="http://kp.org/listen">kp.org/listen</a>

### MOBILE APPLICATIONS

<b>Intellicare App</b>	Inspirational messages. Encouraging words. Tools to challenge negative thoughts.	Intellicare App
<b>Calm App</b>	The number one app for sleep and meditation – designed to help lower stress, anxiety, and more.	Calm App