



## Your Sleep Matters.

Many factors can affect the way you sleep – from diet, stress and sleep disorders to scrolling through your social media feed in bed. Your provider is here to help you get deeper, better rest, whether that's through stress management or making simple lifestyle changes.

### What is a sleep evaluation?

A medical provider performs a physical assessment while using a sleep evaluation tool. This evaluation will help determine your level of sleep health and the presence of symptoms which may represent a sleep disorder such as sleep apnea.

### Wellness Center Services

- Understand your sleep
- Learn ways to improve your quality and quantity of sleep
- Find out if you're at risk for having sleep apnea
- If applicable, your provider can make referrals for additional testing and equipment

### Connect with your provider.

Call your local wellness center and schedule your appointment today.

#### Who can use these services?

The Wellness Center is available to all Lockheed Martin employees regardless of medical plan.

