



# 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 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

Lack of sleep can cause health issues that you can easily prevent by improving the way you snooze. Try these tips to stop counting sheep:

- Go to bed and wake up at the same time each day.
- Make your bedroom comfortable, relaxing and inviting.
- Move your body and eat well.
- Power down your devices.
- Start a nightly self-care routine.

**Call the Wellness Center or visit [MyPremiseHealth.com](https://www.mypremisehealth.com) to schedule your sleep evaluation today.**

**The Wellness Center**  
Operated by **Premise Health.** 

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