



Welltrinsic

SLEEP NETWORK

NEWS RELEASE

Contact: Matt Kasik
L.C. Williams & Associates
312-565-4611
mkasik@lwa.com

WELLTRINSIC SLEEP NETWORK DEBUTS ONLINE SLEEP WELLNESS PROGRAM

New platform provides comprehensive sleep education tools to extend HR benefit offerings

(DARIEN, Ill.) October 31, 2018 – Getting insufficient sleep and working while fatigued have become too common in the modern 24/7 workforce, costing the U.S. economy up to [\\$400 billion each year](#) in lost productivity. That’s why the Welltrinsic Sleep Network has launched the Welltrinsic Sleep Wellness Program to offer corporations, small business owners, and human resources professionals a turnkey platform to help educate employees about the importance of healthy sleep and provide tools to improve their sleep.

“Although sleep is essential for health and productivity, sleep wellness is often excluded from workplace wellness programs,” said Welltrinsic President and CEO Dr. Lawrence Epstein, a board-certified sleep medicine physician. “We’re pleased to finally offer employers a comprehensive, online resource that will help their employees achieve optimal performance through better sleep.”

According to the National Institutes of Health, an estimated [50 to 70 million](#) Americans have a chronic sleep disorder such as insomnia or obstructive sleep apnea. Furthermore, CDC data show that [35 percent of U.S. adults](#) fail to get the recommended 7 or more hours of sleep on a regular basis. Sleepiness and fatigue are especially problematic in professions that require employees to work night shifts or rotating shifts, and in jobs involving long work hours or an early morning start time.

Designed by sleep medicine physicians, the Welltrinsic Sleep Wellness Program addresses these problems by allowing employees to:

1. **Learn** how to live healthy by sleeping well, through a series of sleep education videos that explain the important role of sleep, describe common sleep disorders, and provide strategies to improve sleep and alertness;
2. **Identify** their “sleep wellness score,” set personalized goals for improvement and track progress on a custom dashboard;
3. **Receive** individualized sleep coaching tips to improve their sleep habits;
4. **Earn** rewards from their employer by remaining engaged with the program; and
5. **Understand** their risk for sleep disorders and gain access to a network of board-certified sleep doctors.

“The Welltrinsic Sleep Wellness Program allows employers to equip their staff with the resources and tools needed to prioritize sleep as part of a healthier lifestyle,” said Epstein.

For more information about the Welltrinsic Sleep Wellness Program, please visit www.welltrinsic.com.

###

About Welltrinsic

The Welltrinsic Sleep Network, a subsidiary of the American Academy of Sleep Medicine, is a sleep medicine education and services group. Welltrinsic provides a sleep wellness program to employers and wellness companies, helping to promote a healthy lifestyle and improve productivity. Welltrinsic also offers a network of sleep medicine physicians and accredited sleep centers. The physician network is available to help those who need additional assistance after completing the learning content within the Welltrinsic program. Learn more at www.welltrinsic.com.