

Sleep Support

EFFECTS OF SLEEP DEPRIVATION

A large portion of the population is clearly impacted by a lack of sleep. This lack of sleep can do more than hinder your day to day functioning; it can also impact your health.



MEMORY
LOSS



WEIGHT
FLUCTUATION



HEART
DISEASE



WEAK IMMUNE
SYSTEM



HIGH BLOOD
PRESSURE

LEARN MORE

Take a **Sleep** quiz, learn more about sleep disorders, and how you can improve your quality of sleep by logging on today.

To Access:

1. Go to www.cascadecenters.com
2. Click 'Member Log-In'
3. Register as a new user
4. Select a "**Sleep Support**" topic at the top of the screen

Cascade Centers EAP

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

visit: www.cascadecenters.com



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