

# 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](http://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](mailto:info@cascadecenters.com)

visit: [www.cascadecenters.com](http://www.cascadecenters.com)



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