



# RISE & SHINE

Complete the Sleep Guide today.

Sleep plays a huge role in your health and wellbeing. Getting adequate sleep can improve memory, lower stress and even help you maintain a healthy weight.

Complete the Sleep Guide to choose your sleep focus area, set a sleep goal and learn about the rewards you can earn for participating.

**Get started today.**

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Go to [member.virginpulse.com](https://member.virginpulse.com) or the Virgin Pulse mobile app.

