



Find IT on *Wellness at Work*

All of the answers can be found in the platform. We have provided some hints. Register and login to Wellness at Work.

1. List one tip provided in the Article called "Sleeping Better"

HINT: Education > Health Library > Sleeping Better

2. What are 3 common symptoms of sleep apnea?

HINT: Education > Wellness Blog > Do you Have Sleep Apnea? (Posted May 31st, 2019)

3. Why is getting good sleep so important?

HINT: Education > Health Library > Video Library > Sleep Importance

Submit your skill builder to nmpsia.wellness@phs.org by May 10 to be eligible for a prize!	
Name:	_____
Email:	_____
Wellness Ambassador:	_____

