

Explore the Magic of Sleep



6-Week Digital Campaign

August 1 – September 6

Join us on a six-week journey into the mysteries of sleep—what it is and why it matters. Each week, you'll receive an email filled with interesting insights and valuable tips on getting your share of the magical stuff we call sleep.

Subscribe today! [Click this link](#) or visit sutterebi.org. Last day to register is July 27.

Quick Peak at Each Week

Week 1 – *What is Sleep?* Scientists have been pondering this question for years. Explore the latest insights about what it is, how it works, and what your body clock has to do with it.

Week 2 – *How Much Sleep Do You Really Need?* It depends on who you are, but the answers might surprise you.

Week 3 – *Sleep's Mind-Blowing Benefits:* Read this one if you're looking for ways to avoid diabetes, cancer, Alzheimer's and more.

Week 4 – *Sleep Isn't the Same for Everyone:* Your fingerprints aren't only thing that make you unique. Everyone has a slightly different take on sleep, too.

Week 5 – *When You Can't Sleep:* We've all been there. So we've gathered the best information we could find to help you get the sleep you need.

Week 6 – *When You Don't Sleep Well:* Sleep disorders are more common than you might think. Explore the different types of sleep disorders and what can be done.