

Free Sleep Resources

Practical, no-cost tools to help staff improve sleep, manage stress, and build healthier routines.

CDC - Sleep Resources

Healthy sleep guides, shift-worker tips, drowsy-driving prevention, and sleep-deficiency education from the Centers for Disease Control.

Visit: cdc.gov/sleep

American Academy of Sleep Medicine

Sleep-disorder education, videos, health articles, and a printable sleep diary from the leading professional sleep medicine organization.

Visit: sleepeducation.org

National Sleep Foundation

Evidence-based sleep-health articles, practical tips for better rest, and circadian-rhythm guidance for all types of schedules and lifestyles.

Visit: sleepfoundation.org

NIH — Sleep Disorders Research

Healthy sleep guides, research-based tips, educational videos, and sleep-deficiency resources from the National Institutes of Health.

Visit: nhlbi.nih.gov/health/sleep

SleepWorks — Free Resource Library

Downloadable guides, video workshops, and practical tools for insomnia, shift work, menopause, and ADHD. Built for people who need real-life sleep support.

Visit: sleepworks.co

UCLA Mindful Meditations

Free guided meditations for relaxation, stress reduction, and sleep. No account or login required — accessible anytime from any device.

Visit: marc.ucla.edu/mindful-meditations

Consensus Sleep Diary

Clinically validated sleep-tracking diary used in sleep research worldwide. Track patterns over time to identify exactly what helps or hurts your rest.

Visit: consensussleepdiary.com

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Small steps. Real support. Better days.