

EAP CONNECTION

February 2022



**Employee
Assistance
Program**

CONFIDENTIAL assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator
or call 1-800-822-0244
goer.ny.gov/eap

The Importance of Sleep

According to [NIH's National Heart, Lung and Blood Institute](#), over fifty million Americans have sleep disorders and thirty percent of adults do not get the recommended amount of sleep each night. Poor sleep can be associated with type 2 diabetes, heart disease, obesity, and depression. Sufficient sleep is essential for healthy brain functioning, emotional well-being, and optimal daytime performance. The NIH website highlights the latest in [sleep science](#) and the effects of [sleep deprivation and deficiency](#), and offers a [guide to getting healthy sleep](#).

In addition, the website has [educational resources on sleep](#) including a sleep brochure, a sleep diary, and a guide to healthy sleep. Healthy sleep habits should include going to bed at the same time every evening, even on weekends, holidays, and vacations; avoiding strenuous exercise, napping, screen light, sugar, caffeine, nicotine, alcohol, and heavy meals before bedtime; spending time outside during the day and engaging in physical activity; and keeping your bedroom quiet, cool, and dark at night.



For information and resources about addressing your sleep challenges or enhancing your sleep, contact your EAP coordinator at [coordinator listing](#) or call 1-800-822-0244.



[WellNYS Everyday](#)
goer.ny.gov/wellnys-everyday



[Online Training and Webinars](#)
www.achievesolutions.net/empireplan/resources



[Network Child Care Centers](#)
goer.ny.gov/nys-network-child-care-centers



[NYProjectHope.org](#)
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week



[Pre-Retirement Planning](#)
goer.ny.gov/directions-pre-retirement-planning-information



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee well-being, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor's Office of Employee Relations contributes on behalf of management/confidential employees.