Take your health assessment to access the activities and more at **healthpartners.com/wellbeing** or using the myHP app.

# Get the rest you deserve

Having sleep problems? Getting a good night’s sleep is key for maintaining good overall health. And it helps us stay awake and present for the things we care about most.

Improve your sleep with the Sleep Tracker. It’ll help you learn how to get a restful night’s sleep while tracking your progress along the way.