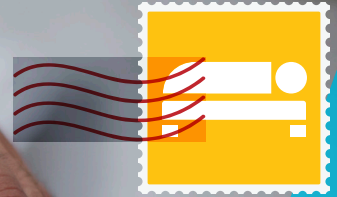


TRS-ActiveCare

CHECK YOUR SLEEP HABITS



BlueResourceSM - Healthy Lifestyle - Check Your Sleep Habits

At least seven hours of sleep per night gives your body time to rest and heal. Maybe you spend some nights tossing and turning, but what if it happens often? **Fifty to 70 million U.S. adults suffer from a sleep disorder.** Are you one of them? Consider these questions:

- Do you lie awake for an hour or more before you fall asleep?
- Does your mind race with thoughts when you're in bed?
- Do you snore loudly?
- Do you gasp for breath or stop breathing when you sleep?
- Does your heart race or beat irregularly?
- Do you sweat while you sleep?
- Do you have trouble keeping your legs still while you sleep?
- Do you wake up earlier than you planned?
- Do you have headaches in the morning?
- Do you feel sleepy when you drive?
- Do you have trouble at work or school due to lack of sleep?

If you answered yes to more than three questions, consider talking with your doctor.

Find an in-network provider through Provider Finder[®].



Wake up to the warning signs of sleeping disorders.

Sources: Sleep Quiz. University of California San Francisco Health. 2020.
Sleep and Sleep Disorder Statistics. Sleep Association. 2018.

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