



# INSOMNIA

## At-A-Glance Options At Kaiser Permanente In Santa Clara.

### INDIVIDUAL APPOINTMENTS

Health Education	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, insomnia, diabetes care and stress management. In person, video, and phone appointments are available.	Health Education <b>408-851-3800</b>
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### ONLINE CLASSES

Improving Your Sleep	Four 2-hour sessions. This class is designed to help improve the quantity and quality of your sleep.	Health Education <b>408-851-3800</b> Register at <a href="https://kp.org/appointments">kp.org/appointments</a>
Emotional Wellness	One 2.5-hour session. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression.	
Managing Your Stress	Six 2-hour sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management.	
Understanding Your Anxiety	Four 2-hour sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms, and treatments for anxiety.	
Introduction to Meditation & Relaxation	One 1.5-hour session. Learn basic meditation practices. Including body posture and breath awareness, two of the most important aspects of meditation.	
Breath of Yoga	Three 2.5-hour sessions. Learn a profound breathing technique providing the benefits of yoga without using postures.	Health Education <b>408-851-3800</b>
Healthy Habits for Life: Eat Better, Sleep More, Stress Less and Connect	Six 2-hour sessions. For patients that are eagerly looking to improve their wellness habits by setting weekly SMART goals and engaging in group conversations. Covers healthy eating, physical exercise, sleep, avoiding risky substances, reducing stress, and connecting with others.	Health Education <b>408-851-3800</b>

### ONLINE RESOURCES

Relax™	An online HealthMedia® Program with an individually tailored plan for handling stress. Discover what causes your stress & ways to manage it.	<a href="https://kp.org/healthylifestyle">kp.org/healthylifestyle</a>
Dream	An online HealthMedia® Program that can help you gain greater control over your insomnia— and work toward feeling better.	<a href="https://kp.org/healthylifestyle">kp.org/healthylifestyle</a>
Healthful Sleep	A free guided imagery podcast to help you with insomnia and music that you can download to an mp3 player or listen to online.	<a href="https://kp.org/listen">kp.org/listen</a>

### MOBILE APPLICATIONS

IntelliCare Plus App	Inspirational messages. Encouraging words. Tools to challenge negative thoughts.	IntelliCare Plus App
Calm App	The number one app for sleep and meditation – designed to help lower stress, anxiety, and more.	Calm App
Headspace Care App	Text one-on-one with an emotional support coach anytime anywhere.	Headspace Care App
My Strength App	Build a personalized plan to strengthen your emotional health whenever, wherever you need to.	My Strength App