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# Support better sleep, starting tonight

Getting a good night’s sleep doesn’t just feel great – it’s essential for your physical health, emotional well-being, focus and energy. This new Sleep Toolkit from Saskatchewan Blue Cross is designed to help you improve your sleep with practical tips and easy-to-follow guidance.

Attached are two helpful resources:  
**A quick guide to improving sleep** – Learn how to create a calming bedtime routine, set up your space for rest, and build healthy sleep habits.  
**Improve your sleep hygiene infographic** – A snapshot of key dos and don’ts that can make a big difference to your sleep quality.

## Need extra support or insight?

🎧 **Sleep Podcasts** – Hear from experts about how sleep works and how to make it better, through the [Sleep Hub podcast series](https://css-scs.ca/sleep-information/podcasts/).

📱 **Calm App** – Try guided sleep meditations, soundscapes and bedtime stories through [Calm](https://www.calm.com/). Many features are free, with additional content available by subscription.

Sleep is the foundation of well-being

Explore these resources and take one small step toward better rest – you deserve it!