

## Introducing SleepCharge

### Get Your Personalized Sleep Report

Complete the Sleep Checkup<sup>™</sup> to get your personalized sleep report, which includes an analysis of your Duration, Timing, & Quality (DTQ<sup>™</sup>). Use your report to lay the foundation for sleep improvement.

### Access The Sleep Life Learning Center

Explore our virtual, self-guided library of sleep education and guided bedtime mindfulness, to help you achieve a healthier sleep lifestyle.

### Receive Sleep Health Support\*

From sleep coaching to treatment for sleep disorders such as insomnia, sleep apnea, and restless legs syndrome, SleepCharge provides proactive and virtual sleep care tailored to your needs.

**\*Available to most individuals 18 years or older enrolled in an AT&T self-insured (e.g. non-HMO) medical option. Refer to plan documents for more details.**

Access the Sleep Checkup<sup>™</sup> through your Castlight App  
or visit [sleepcharge.com/att](https://sleepcharge.com/att)