

THE FOUNDATIONAL BENEFITS OF SLEEP:

BETTER HEALTH • IMPROVED SAFETY • INCREASED PRODUCTIVITY



30% of U.S. adults
suffer from insufficient sleep

Insufficient sleep is a **public health epidemic.**

- Centers for Disease Control and Prevention

Project Z:

Your Comprehensive Sleep Solution

We know you feel a responsibility to protect both your employees and your bottom line. We are excited to introduce Project Z, our comprehensive Sleep Health and Wellness platform. We are confident Project Z will positively impact your health and benefit costs while improving productivity and safety.

Project Z identifies and treats sleep deprivation and disorders using a clinically validated screener and scientifically proven Cognitive Behavioral Therapy techniques.

**FIND OUT HOW OPTISOM
CAN HELP YOUR COMPANY**

optisom.com | 800.706.0049

**PROJECT
Z**

Identify



Treat



Engage



**HEALTHY, SAFE AND
PRODUCTIVE EMPLOYEES**

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