Meet Brian O'Malley

Night after night, Brian lies in bed staring at the ceiling. His mind races with thoughts of his day–problems at work, the fight he and his wife, Margo, had earlier, and his concerns for his aging mother.

He knows he has to get to sleep, as he already is running on empty and is completely exhausted. He just can never seem to turn off his mind and relax enough to get some rest. Sometimes he takes sleeping pills, but this usually just causes him to wake up groggy, feeling unrested and frustrated.

Brian decided to take control of the situation and logged onto HealthMedia® Overcoming™ Insomnia, a convenient, private and easy-to-use online program that uses proven techniques to help participants manage insomnia. He figured it could only help with his situation and that he might learn a thing or two about relaxing before bedtime. What did he have to lose? It couldn't possibly be more sleep!

At the end of his workday, Brian completed the questionnaire. From the moment he received his personalized plan, he knew there was a light at the end of the tunnel. Brian's personalized plan identified his unique sleep pattern and why he couldn't seem to fall asleep at night. It also included an interactive sleep diary and everyday exercises that helped him make important changes to improve his ability to sleep, such as a "Change Your Thinking" activity–a cognitive approach to changing negative thoughts about sleep. The plan also helped him develop new habits to promote healthy, restful sleep and taught him relaxation techniques to make it easier to fall asleep at night.

Brian put everything he learned into practice. He taught his wife the deep breathing exercises, and they made a ritual of practicing them before bed to help clear their minds. They also made it a habit of going to bed the same time each night and developed a consistent sleep schedule. Since the plan emphasized that healthy behavior helps create regular sleeping patterns, together they began cooking healthier meals for their family.

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HealthMedia® overcoming™
Insomnia

Before long, Brian increased his sleep time to almost seven hours per night. He began to feel differently about his work and personal life. He was more alert and efficient during the day, allowing be more productive. As his relationships began to improve, Brian saw how important it was to take care of himself, as it clearly affected everyone around him. "I never realized how lack of sleep was controlling my life. Now I feel like I'm the one in the driver's seat, and I'm finally enjoying my life!"

About HealthMedia's Healthy Lifestyle Programs

In addition to the Overcoming Insomnia program, HealthMedia offers programs for nutrition, weight management, stress management, smoking cessation, back pain management and prevention and care, diabetes and depression. These programs start by learning about you, and creating a personalized plan that is as unique as your fingerprint. When you decide to take the step to control your health, HealthMedia's programs can give you the tools you need to achieve your goals.

GET STARTED ON THE PATH TO SUCCESS.

- Go to www.highmarkbcbs.com.
- Complete the login process, entering your user name and password.
- If you do not have a user name and password, create one as instructed.
- Click "Your Health."
- Click "Improve Your Health."
- Choose HealthMedia Overcoming Insomnia.