



**A global, people-first network
advancing sleep and circadian
health across all 24 hours**



Whole-Person
Health



Evidence-Based
Science



Global
Community

WHY IT MATTERS

- ✓ *The 24 hrs shape whole-person health*
- ✓ *Sleep and circadian health are essential biomarkers*
- ✓ *There is a bidirectional relationship between sleep and health*



WELLNESS, SLEEP & CIRCADIAN NETWORK · sleephealth.org

WSCN is a global knowledge hub, that translates sleep and circadian science into practical, usable tools and connects people with:

PEER MENTORS

Connect with people who've been there

PROGRAMS

Guidance for sleep disorders and related conditions



RESOURCES

Support conversations with your healthcare providers

PLAIN-LANGUAGE GLOSSARY

Accessible learning for all levels



RESEARCH UPDATES

The latest in research, treatments, and sleep technology

EVENTS & COMMUNITY

Bringing people together around sleep and circadian health



Why a network?

Change happens faster when patients, clinicians, researchers, and advocates work together.

 **888-293-3650**

SCAN FOR MORE INFO

