

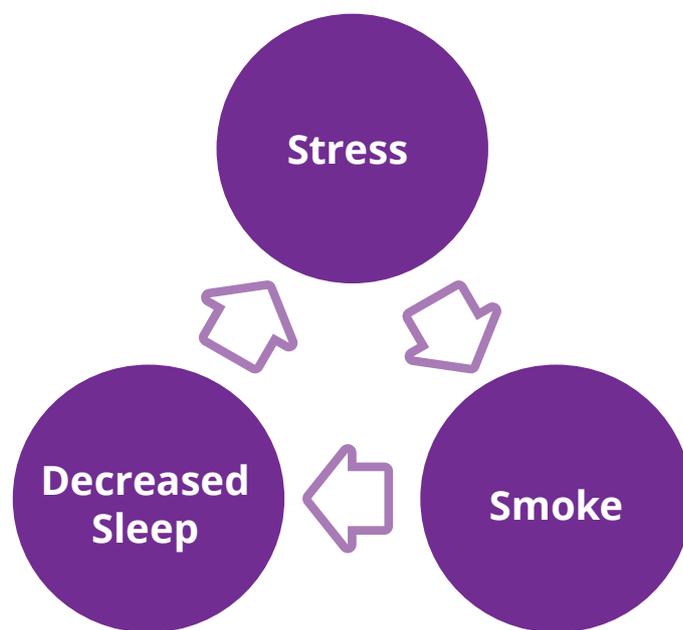


Give it up for better sleep

Sleep more, stress less

Sleep is a cornerstone of good health and well-being. Many people experience improved sleep quality after quitting smoking. **Break the vicious cycle, starting now.**

- Smoking changes your natural circadian rhythm.
- Smoking increases your risk of developing sleep apnea.
- Smokers wake up more frequently during the night.
- Smokers have trouble falling asleep, and feel restless in the morning.
- Smokers are more likely to suffer from insomnia.



For help stopping smoking, search Aetna International's **'Quit smoking support & resources'** hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

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