

City of Goodyear, AZ Addresses Sleep As Part of Its Whole Employee Culture

City of Goodyear Offers DROWZLE Sleep Health Program to Employees & Spouses As Part of Its Whole Employee Wellness Culture

Scottsdale, Nov 19, 2020 ([IssueWire.com](https://www.issuewire.com)) - Resonea is proud to highlight its partnership with the city of Goodyear's Energize 2020 fatigue management program. The city of Goodyear, Arizona, is a leader amongst municipalities focusing on employee well-being and efforts to mitigate the negative impacts of fatigue on health and productivity. Resonea is partnering with the city of Goodyear to offer its comprehensive, innovative DROWZLE® Sleep Health Program to both employees and their bed partners.

Within the first 30 days of launching the program, 26 (30%) individuals were identified as having significant risk for obstructive sleep apnea (OSA) and were connected to the City's onsite Wellness Clinic for further follow up.

"Ninety-seven percent of Americans have at least one risk factor for fatigue, with sleep loss being the second most prevalent factor," said Tim Fisher, Continuous Improvement Manager for the city of Goodyear. "As part of our Whole Employee culture, we believe providing employees and their spouses. This resource is essential in supporting emotional and physical well-being. Sleep really is a quality of life issue."

Approximately 70% of Americans suffer from chronic sleep problems and, 90% of employers report being negatively affected by employee fatigue. There is a defined link between poor sleep health and fatigue on employee productivity and absenteeism, costing employers ~\$63 billion a year. OSA affects 20% of the population in the US, and it's estimated that 80% of those affected go undiagnosed

"Sleep is so vital to our health and is one of the most important things we can do to help improve medical conditions such as hypertension, diabetes, not to mention memory and focus. By improving our sleep, we not only feel better and less fatigued, but we actually perform better," says Dr. Karen Underwood, Chief Medical Officer of Resonea.

The DROWZLE Sleep Health Program uses smartphone technology to screen workers for common sleep disorders such as obstructive sleep apnea (OSA) while also providing sleep education and strategies and Sleep Well/Live Well, a virtual, self-managed sleep improvement program.

About the City of Goodyear

Goodyear, Arizona has a diverse blend of amenities with abundant business, cultural, educational, and entertainment resources. Today, the city's population is more than 88,000 and features a highly educated and skilled workforce, just minutes from the heart of Downtown Phoenix. The low cost of doing business, robust transportation options, fiber connectivity, and a lot of southwest charm create the right

economic conditions to power any business. Goodyear is one of the most dynamic and rapidly growing regions in the nation, and spring training home to MLB's Cleveland Indians and Cincinnati Reds. Fortune 500 companies, including Microsoft, Amazon, Ball, Dick's Sporting Goods, UPS, and Darden Restaurants, have chosen Goodyear as the place to be.

About Resonea

Located in Scottsdale, AZ, and established in 2016, Resonea, Inc., is a Sleep Health technology company whose mission is to advance the science of sleep health to improve performance, safety, and quality-of-life. Resonea's comprehensive Sleep Health Program includes DROWZLE® PRO, the first-ever smartphone-based home sleep test cleared by the FDA, which transforms the way obstructive sleep apnea is detected using only a mobile phone. Resonea's technology allows for widespread access to sleep health services while keeping patients safe in their own homes.

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