



WELLNESS

CHALLENGE

Get better sleep



Your health depends on it

You may think that getting a good night's rest is a luxury, and not a necessity. But think again. Having poor or too little sleep can be harmful to your health. That's why it's suggested that adults get at least seven hours of sleep each night. So you can live better, feel better and accomplish more in your daily life.

Start your challenge today

Set healthy sleep habits to help yourself achieve better sleep every night.

It's simple:

- ✓ Complete at least 3 out of 8 healthy sleep habits each night for 21 days.
- ✓ Track and check off the habits you complete each night.
- ✓ Don't worry if you miss a day. Just get back on track the next night.





Wake up feeling refreshed

Complete at least three of the following healthy sleep habits each night.

- 1 Keep a tech-free zone.** Remove or turn off TVs, computers and other digital devices.
- 2 Avoid large meals.** Don't eat heavy meals at night. They can interfere with sleep.
- 3 Have a bedtime ritual.** Find ways to relax. Try taking a warm shower or bath, listening to soothing music or reading a book.
- 4 Don't take long or late naps.** Short naps can be beneficial. But avoid naps after 3 p.m. They can make it harder to fall asleep at night.
- 5 Exercise.** Get 30 minutes of physical activity, like brisk walking or jogging. But no later than two to three hours before bed.
- 6 Avoid alcohol.** It can affect how well you sleep and how long you sleep.
- 7 Avoid caffeine and nicotine.** Having these before bed can interfere with falling and staying asleep.
- 8 Arrange your room.** Remove anything in your bedroom that might distract you from sleep. Turn down noises and bright lights, and adjust the temperature.

Talk to your doctor if you have any concerns

You may show signs of having a sleep disorder if:

- It takes more than 30 minutes to fall asleep at night.
- You wake up several times in the night and have trouble getting back to sleep.
- You wake up too early in the morning.
- You feel sleepy during the day, take frequent naps or fall asleep at inappropriate times.
- You snore loudly, snort or gasp, make choking sounds or stop breathing for short periods during sleep.

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TRACK your healthy sleep habits

See how well you're doing

Check off the healthy sleep habits you complete each night for the next 21 days.

Day	Keep a tech-free zone	Avoid large meals	Have a bedtime ritual	Don't take long or late naps	Exercise	Avoid alcohol	Avoid caffeine and nicotine	Arrange your room
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