

Sleep Challenge



This month your challenge is to aim to **SLEEP FOR 7- 9 HOURS REGULARLY!** Here are some tips to get you started (if you're not already doing that):

- Have an accountability partner to help you get to bed early.
- Stick to a consistent sleep and wake schedule - don't hit the snooze button.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Avoid electronic devices, such as TVs, computers, and smart phones, in the lead up to bedtime.
- Get some exercise.
- Avoid large meals before bedtime.
- Keep a sleep journal.
- Try to stick to the suggested sleep window of between 8pm – 6am.

Wishing you a happy, healthy sleep month!