

Challenge Details:

- Sleep is an underrated way to stay healthy and productive. A good night's sleep is the best way to start your day.
- Most adults need at least 7-8 hours of sleep daily while school-age children & teens need at least 9 hours of sleep daily.
- Circle, "X," highlight, or add your initials for awareness of how many days you've participated in the Sleep Well Challenge.



"Sleep is that golden chain that ties health and our bodies together" - Fields, W.C.

Take a 15 minute walk before dinner	Turn off electronics 30 minutes before bed	Meditate before getting into bed	No caffeine, alcohol, or nicotine 3-4 hours before bed	Listen to calming music before going to bed	Take a hot bath, shower, or foot soak to wind down	Get at least 7 hours of sleep
Drink some chamomile tea with honey before bed	Make a sleep diary-track mood, eating habits, and amount of sleep	Stretch before bed	No naps after 3 pm!	Clean your room of any clutter	Create a schedule: wake up and go to bed around the same time each night	Do progressive muscle relaxation* before bed
No large meals late at night	If you can't sleep for 20 minutes, get out of bed and try a relaxation method	Read a book or a magazine	Try relaxing aromatherapy	Try out yoga!	Get 8 hours of sleep	Keep your bedroom cool and dark
Drown out noise with ear plugs or white noise	Wash bedding weekly	Decorate the bedroom with pictures or plants to feel more connected and relaxed	Try a sleep-inducing snack: banana, turkey, almonds, whole wheat bread, milk	No processed sugars	15 minutes or vigorous exercise	Spend some time in natural sunlight
Postpone worrying and write stressors on a piece of paper	Limit caffeine intake	Exercise for 30 minutes during the day	Number of Challenges Completed:	<div></div>	Great job on tracking your sleep well habits! Thank you for your participation!	
				Out of 31 Days		