



30 DAYS GOOD SLEEP GOOD NIGHT

With all the many demands of life, it can be hard to get the sleep you need. That's why we're here to help!

We have put together 30 tips to help you get better sleep for 30 days.

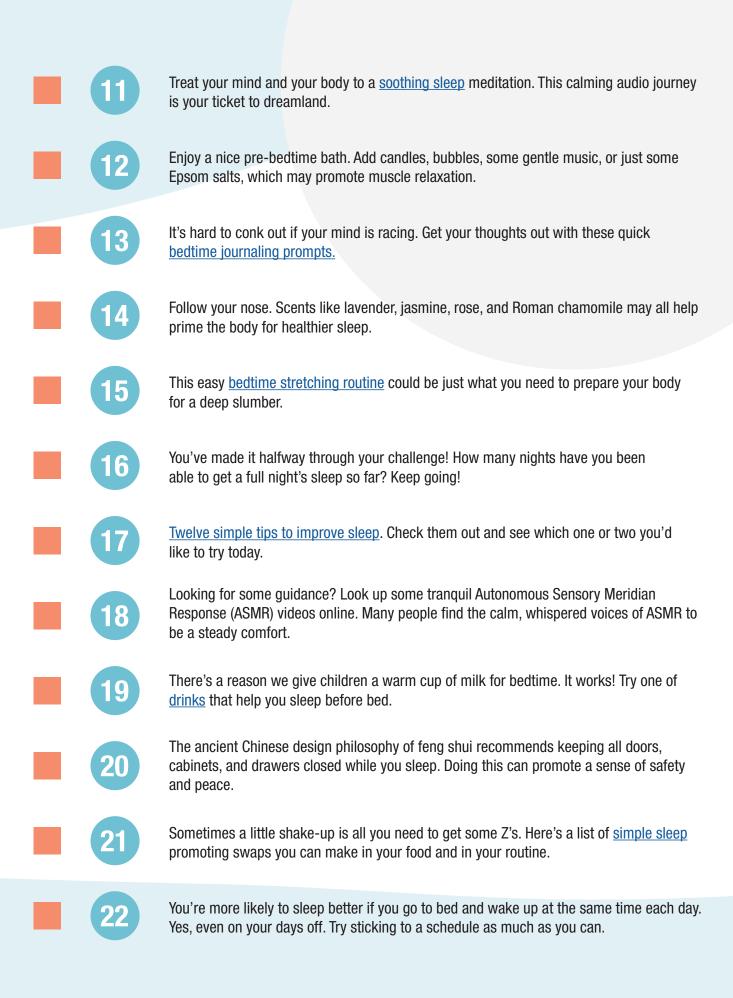
When you're ready to start your challenge, your mission is simple: Aim to get 7-9 hours of sleep per night, as many nights as you can, for 30 nights in a row. Don't worry, it doesn't have to be perfect. Just give it your best shot.

Ready to show yourself some love and get a good night's rest? Let's reset that body clock and get started.



Check off all the days when you got 7-9 hours of sleep. Click the squares on the left side of each day, or print this out and fill them in by hand.

- A healthy sleep habit can help your mental health, your hormone levels, and even your memory. Check out this list of all the reasons it's so helpful to get quality sleep!
- Make a date with your pillow. Try setting a peaceful "go to bed" alarm on your phone to remind yourself it's bedtime.
- Is your day-to-day routine helping or hurting your sleep? We recommend this <u>activity timeline</u> to promote better sleep.
- Tucker yourself out with physical activity. Go for a long afternoon walk or a jog, or try jumping jacks at home.
- If you're having trouble drifting off, it might be your bedroom's fault. Here's our <u>guide to redesigning your bedroom</u> for better sleep.
- Caffeine got you buzzed? Try swapping your usual morning coffee with green tea. It'll still perk you up but with far less caffeine.
- Get the pro tips for a restful night. Here's an <u>article on how to stay asleep</u> throughout the night.
- Restless thoughts can make it hard to doze off. Make a "parking lot" for your thoughts. Keep a notepad by your bedside and write down the things that come to mind. They'll be there for you in the morning!
- If you're not eating right, you're probably not sleeping right. Here are <u>a few healthy dinner</u> recipes that will satisfy your hunger without keeping you up at night.
- Our bodies are meant to interact with nature. Promote sleep by taking a daytime stroll in the outdoors. This can balance your thoughts and put things in perspective.







A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression—that threaten our nation's health. Even one night of short sleep can affect you the next day. Not only are you more likely to feel sleepy, you're more likely to be in a bad mood and be less productive at work. Make sleep a priority every night!

Source: CDC

Check your weekly emails for additional tips on the importance of sleep.

Submit the Smartsheet at the end of the challenge to be entered into a prize drawing for participants. Smartsheets will be emailed the final week of the challenge.