



SLEEP CHALLENGE

This challenge is to help you get more sleep so that your body can be well rested and energized. **During a two-week period, sleep for at least 7 hours a night for 12 days.** Cross off one of the sheep above for each day that you are successful.

TIPS FOR BETTER SLEEP

KEEP A SCHEDULE



Go to sleep and wake up at the same times each day to keep your circadian rhythm constant.

POWER DOWN



Avoid Blue light from technology about one hour before bed as exposure to it activates arousing neurons.

DIM THE LIGHTS



Lower lighting about two hours before you go to bed to help your brain make melatonin, the sleep hormone.

AVOID CAFFEINE



Stay away from caffeine to avoid having too much energy at night.