



# *Good Night*

DREAM BIG: A FOUR-WEEK  
HEALTHY SLEEP HYGIENE CHALLENGE

## ***Dream Big: Healthy Sleep Hygiene Challenge***

**Description:** This four-week challenge is designed to help achieve 7 to 8 hours of sound sleep every night, fostering healthy sleep habits. It focuses on establishing a consistent sleep schedule, listening to the body's needs, creating a sleep-friendly environment, and incorporating healthy lifestyle choices. Participants will receive guidance and tips to improve sleep quality, such as maintaining a regular bedtime, creating a relaxing bedtime routine, optimizing the sleep environment, and managing diet and exercise.

**Challenge Goal & Tracking:** Strive for 7 to 8 hours of sound sleep every night for four weeks (five days) using our weekly tips to create healthy habits! Log the number of hours slept each night in the mobile app or web portal to earn rewards.

**[Resource button]** (\*Included in all messages): [Bedtime Calculator](#)

**Steps to Enroll** (\*Included in enrollment messages)

**This challenge begins [DATE]. To sign up:**

- Click on Challenges from the main menu on the [mobile app](#) or [web-based portal](#).
- Click on the **Healthy Sleep Hygiene** banner on the Today screen.
- Click **Enroll** and you're all set!

**Tracking Instructions** (\*Included in all weekly messages)

**To log your weekly experiences:**

- Access the [mobile app](#) or [web-based portal](#).
- From the main menu, select **Health Tracking**.
- Click on the **Sleep** icon.
- Enter the date you are tracking and your hours of sleep for each night, five days a week.
- Once completed, click the **Add** button to save your entry.

**Notice of Challenge Requirements** (\*Included in all messages)

**Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all four weeks to [earn/qualify for] [insert reward or incentive].**

## Introduction/Enrollment Message

Are you part of the sleep-deprived majority? You're not alone in the battle against the snooze button. Studies from The Sleep Foundation reveal that nearly half of Americans often find themselves drowsy during the day, with a significant third not meeting the CDC's recommended sleep hours.

It's time to turn the tables! Dive into our four-week **Healthy Sleep Hygiene Challenge** and embark on a transformative journey towards rejuvenating sleep. Whether you're 18 or 80, aiming for that golden 7-9 hours of rest is crucial. And if you've crossed the 65 mark? A solid 7-8 hours will do wonders.

Before you hit the hay each night, use our [bedtime calculator](#) to ensure you're clocking in those vital hours. To earn your wellbeing rewards and/or qualify for prizes, track your hours of sleep in the mobile app or web-based portal. Your mission? Achieve 7 to 8 hours of blissful sleep at least five nights a week, consistently for the next 4 weeks.

***Ready to dream big? Let's get started!***



*Sweet Dreams*

## **Week 1: Consistency is Key**

Welcome to Week 1 of the Sleep Challenge! This week, we're focusing on consistency. Set a regular sleep schedule, aiming for 7-8 hours of rest. Although you are only logging and tracking five nights a week to build healthy habits, keep in mind weekends and vacations count too. Let's build a foundation for better sleep!

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least 7-8 hours of sleep.

[Button] [More Tips for Healthy Sleep](#)

## **Week 2: Listen to Your Body**

Hello, Week 2 warriors! This week, let your body guide you. If you're not sleepy, don't force bedtime. Can't sleep after 20 minutes? Step out and engage in a calm activity but avoid screens. Also, start winding down with a relaxing bedtime routine. Sweet dreams!

- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.
- Establish a relaxing bedtime routine.

[Button] [Try this Sleep Meditation](#) (Video)



*Nighty, Night!*

### **Week 3: Create a Sleep Sanctuary**

Welcome to Week 3! Your bedroom is your sleep sanctuary. Ensure it's quiet, relaxing, and cool. Dim those lights in the evening and give your electronic devices a break 30 minutes before bedtime. Let's make your environment sleep-friendly!

- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.

[Button] [Set the Stage for Better Sleep](#) (Print out)

### **Week 4: Nourish and Move for Better Sleep**

Final week, Sleep Challengers! This week, focus on what you consume and how you move. Avoid heavy meals before bedtime, but if you must, opt for a light snack. Incorporate regular exercise into your routine and steer clear of afternoon or evening caffeine. Let's finish strong and rested!

- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the afternoon or evening.

[Button] [Make the Connection](#)

### **Final Week:**

**[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]**

*Sleep Tight*

