Join the Good Sleep Challenge!

Get rest to feel your best.

This challenge is a two-week competition designed to help you track your sleep habits, apply strategies to improve sleep quality, and develop a personal plan for making the best out of how you rest!

How?

For two weeks, you'll track your daily sleep schedule, sleep quality, and the effectiveness of applying expert sleep strategies. You'll earn points for the number of days of sleep logged and the strategies you applied. After your complete a week, simply tell your team captain how many points you earned.

When?

The Good Sleep Challenge runs from

<Date-Date>

Questions?

If you have any questions, or if you'd like to join the challenge, contact:

<Name>
<Contact info>
<Extra line if needed>

<Additional text can go here>

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