Join the Good Sleep Challenge!

Get rest to feel your best.

Participant Guide

PacificSource
HEALTH PLANS

CLB1122_0920

How the Program Works

Are you up for the challenge?

The Good Sleep Challenge is a two-week competition designed to help you track sleep habits, improve sleep quality, and develop a plan for making the best out of how you rest.

This challenge runs from:

Team captain duties

Each team's captain is responsible for:

- Emailing team members once a week to provide encouragement and collect weekly totals
- Reporting each team's weekly points total to the program coordinator

Questions?

Please contact the program coordinator if you have any questions about the Good Sleep Challenge:

Why is sleep so important?

Sleep is so much more than physical rest. Sleep is a critical component for mental well-being, memory retention, capacity to learn, metabolic stability, weight control, and our ability to fight disease. Yet, in our busy world, sleep deprivation is at near-epidemic levels. With this challenge, you'll apply expert-recommended strategies to help you get **7-9 hours** of sleep daily, and to feel your absolute best.

Step 1:
Choose Your Team and Sign Up

Sign up for a team of three to five individuals. Once you have your team in place, choose a team captain and create a fun team name. Each Monday, report total points logged from your sleep tracker to your team captain, who will then report to the program coordinator.

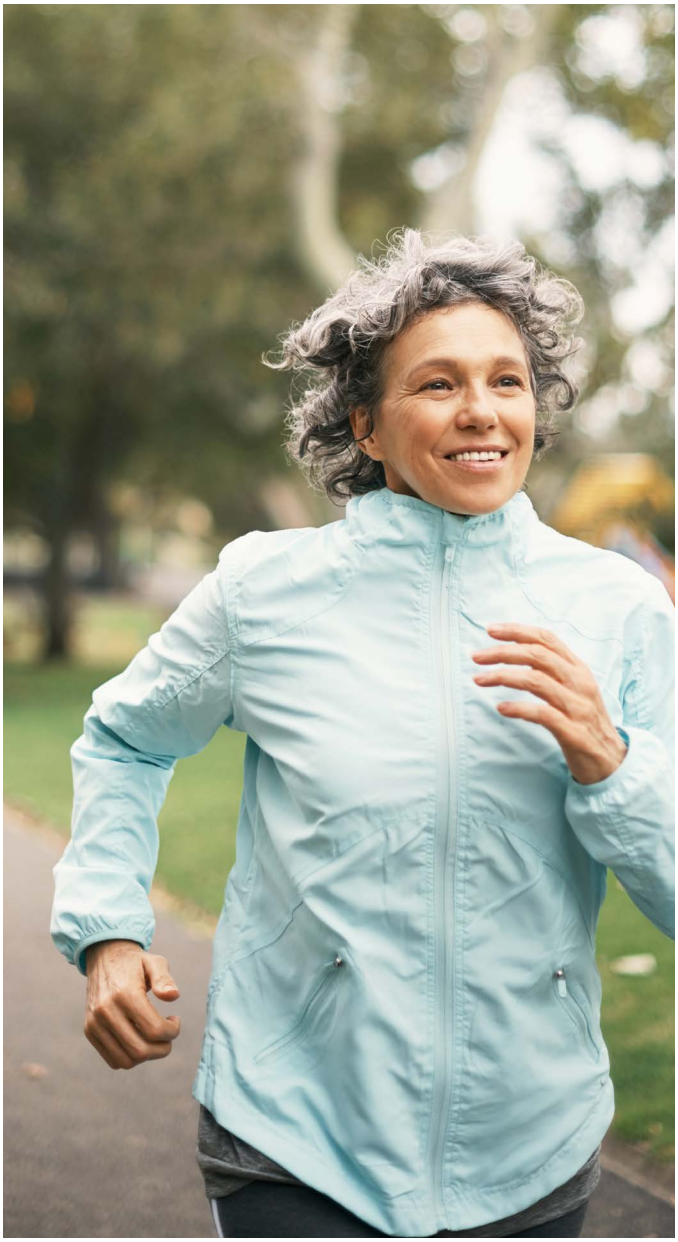
If you choose to participate solo, contact the program coordinator to sign up, and report your personal total points to them each Monday.

Step 2:
Track your sleep, daily

Fill out your sleep tracker once each day before bed, and once each day after you wake up. Take note of your level of tiredness, hours of sleep, strategies applied, and more. You earn 1 point per day logged, and 1 point per sleep strategy applied (6 total daily) for up to 49 total points per week.

Step 3:
Report your weekly points

If you're part of a team, report your weekly points to your team captain each Monday (1 day logged = 1 point). Team captains and solo participants will submit weekly points to the program coordinator each Monday.



Sleep: The gateway to great health

An epidemic of poor sleep quality

We know that getting enough rest can boast a huge array of health benefits, yet the Centers for Disease Control and Prevention (CDC) reports that nearly 35% of American adults are chronically sleep deprived (less than 7 hours rest daily). In what seems like a vicious cycle, factors like stress, health problems, and substance abuse can all contribute to poor sleep quality, and are often worsened by it.

What common sleep problems do people experience?

- **Trouble falling asleep:** Lying in bed for more than 30 minutes without falling asleep
- **Trouble staying asleep:** Waking up frequently during the night
- **Early morning waking:** Waking long before you need to get up and being unable to fall back asleep
- **Behaviors that interfere with sleep:** Snoring, teeth-grinding, restless leg syndrome, and breathing problems
- **Excessive fatigue and lack of energy during the day**

How does sleep affect emotional well-being?

Sleep is an optimal time for your brain and nervous system to recover from all the thoughts, feelings, and emotions of the day. Some of the ways sleep affects mental and emotional well-being include:

- **Ability to handle stress:** Optimal sleep can help you deal with life's ups and downs
- **Thought-processing:** Your level of rest correlates with ability to concentrate, think critically, and store memory
- **Social Interactions:** Replacing drowsiness and fatigue with energy and alertness can help you better enjoy social interactions

Improve your ZZZs with six sleep strategies

1) Create a comfortable environment in your bedroom

Ensure the temperature in your room is not too hot or too cold. Remove sources of bothersome light or noise. Equip your bed with comfortable pillows, blankets, or other supporting material to promote comfort.

2) Exercise daily

Aim for 30–60 minutes of physical activity daily. Experts recommend you stop exercising within 4–8 hours before bedtime.

3) Avoid caffeine close to bedtime

Don't consume any coffee, tea, energy drinks, soda, or other caffeinated beverages/food within three hours of bedtime.

4) Avoid screen time before bed

Take time to unwind for an hour before bed, and avoid your phone, computer, or television during this time as blue light from these sources is mentally stimulating.

5) Stick with a routine

Sticking to the same sleep/wake schedule can condition your body to stick to that cycle through its internal clock, or circadian rhythm.

6) Avoid being hungry or full before bed

Stick to a controlled eating schedule throughout the day, and avoid heavy eating within two hours before bed time.

Where can I find more information?

You can learn more at:

PacificSource.com/members/employers/wellness-toolkits/physical-well-being/general-health/tips-better-sleep

sleepfoundation.org

cdc.gov/sleep/data_statistics.html

Your Personal Sleep Tracker - Week 1

Your name: _____

Team name: _____

	WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
Complete Before Bed	What time did I go to bed?							
	Energy level during the day? 1- Struggled to stay awake 2- Drowsy 3- Normal 4- High energy							
	Which sleep strategy(s) did I apply today? **(See A-F below)** **1 Point each**							
Complete After Waking	How many total hours did I sleep? **1 Point per day**							
	How did I feel after waking up? 1- Struggled to stay awake 2- Drowsy 3- Normal 4- High energy							
	Total Points (7 points maximum per day)							

How to Earn Points

1 Day of sleep logged = 1 point: One point can be earned daily for logging total hours of sleep in the morning after waking.

Each sleep strategy applied = 1 point:

A – Make your room comfortable

B – Exercise 30-60 minutes daily

C – Avoid caffeine within 3 hours of bedtime

D – Avoid screen time before bed

E – Stick with a routine

F – Avoid being hungry or full before bed

Your Personal Sleep Tracker - Week 2

Your name: _____

Team name: _____

	WEEK 2	MON	TUES	WED	THURS	FRI	SAT	SUN
Complete Before Bed	What time did I go to bed?							
	Energy level during the day? 1- Struggled to stay awake 2- Drowsy 3- Normal 4- High energy							
	Which sleep strategy(s) did I apply today? **(See A-F below)** **1 Point each**							
Complete After Waking	How many total hours did I sleep? **1 Point per day**							
	How did I feel after waking up? 1- Struggled to stay awake 2- Drowsy 3- Normal 4- High energy							
	Total Points (7 points maximum per day)							

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