Join us for the Healthy For Good

**SNOOZE FEST**

Feeling zombiefied before you even leave the house? You’re not alone - it turns out 1 in 7 Americans don’t get the recommended 7-9 hours of sleep each night - and that takes a toll on the body. So we’re challenging you to make some little changes in your sleep habits that could make a big difference in your overall health.

**WEEK 1**

**Try This:** Add some stress-relieving exercises to each day. Walking counts!

**Helpful Hints:**
- Stress can keep you from getting enough sleep.
- Exercise can relieve stress and help you sleep well at night.
- So can mindfulness, meditation, and deep, diaphragmatic breathing.
- 7-9 hours is considered “enough” sleep for most adults.

**WEEK 2**

**Try This:** Plug your phone and other electronic devices in away from your bed.

**Helpful Hints:**
- Scrolling and staying connected late at night could be sabotaging your sleep cycle.
- Choosing to get up early on weekends going from more sleep can help you be more productive.
- Bright, blue screens may inhibit melatonin production — keeping you awake longer.

**WEEK 3**

**Try This:** Set a bedtime alarm for each person in the family.

**Helpful Hints:**
- Going to bed and waking up at consistent times can help you sleep better.
- If you had bad times, figure out what worked and make bood now.
- A nightly routine with time to wind down could help you stick to your bedtime.
- Break up bad habits and listen to your body. You may have a sleep disorder; talk to your doctor to find out what to do.

**WEEK 4**

**Try This:** Start your morning with a healthy habit, like a walk around the block or a moment of gratitude.

**Helpful Hints:**
- Adding a positive activity to your morning routine could make it easier to get up from a late snooze.
- Find something you enjoy to break your pattern in the morning.
- Habit chaining may help establish new habits. Do a few push-ups right after you brush your teeth.

**WEEK 5**

**Try This:** Add a 20-minute power nap to your afternoon.

**Helpful Hints:**
- An afternoon nap can help you relax and power through the rest of the day.
- “Catching up on sleep” is a myth - sleeping in on the weekend may be sabotaging your weekday sleep cycle.
- Bring with a few weeks of extra sleep to your sleep cycle, so stick with a consistent bedtime and take naps when you need to.