

# THE Z CHALLENGE

## A 2-week Sleep Challenge to Help Establish Healthy Sleep Habits

Date:

### PLEDGE

\_\_\_\_\_ I acknowledge that getting adequate sleep every night may help decrease my risk of diseases like heart disease, obesity, diabetes, depression, and anxiety, as well as my risk of injury and accidents due to drowsiness.

\_\_\_\_\_ I acknowledge that my sleep goal should be 7 or more hours a night for optimum health.

\_\_\_\_\_ Over the next 14 days, I commit to achieving this sleep goal for at least 80% of days.

### THESE ARE STRATEGIES THAT I WILL USE:

\_\_\_\_\_ Establish a consistent sleep and wake time for every day.

\_\_\_\_\_ Ensure that my sleep environment is quiet, dark, relaxing, and set at a comfortable temperature.

\_\_\_\_\_ Avoid caffeine and large meals before sleeping.

\_\_\_\_\_ Implement a daily exercise routine.

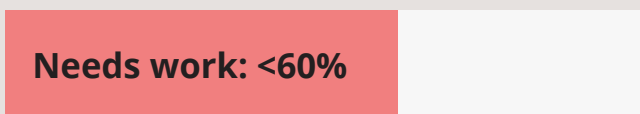
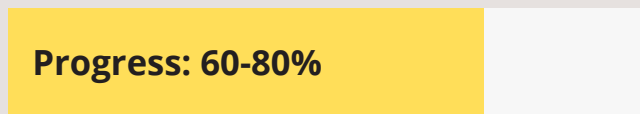
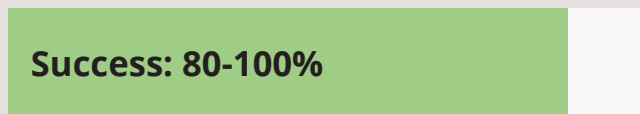
\_\_\_\_\_ Avoid use of electronic devices, such as TVs, computers, and smart phones in the bedroom.

\_\_\_\_\_ Other: \_\_\_\_\_

### 14-DAY TRACKER

Shade in the boxes where your sleep goal has been achieved.


### REVIEW YOUR SUCCESS



Source: [www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](http://www.cdc.gov/sleep/about_sleep/how_much_sleep.html) (retrieved 3-3-22)

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