

THE C 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:

_____ **Consistency:** I'm going to bed at the same time each night, and awakening at the same time each morning, including on weekends!

_____ **Conditions:** I'm going to bed in a sleep-inducing environment:

- **Cool**, but not too cold: body temperature dips during sleep
- **Dark:** enough to induce melatonin production
- **Relaxing:** no TVs, smartphones, iPads, computers, or other stress- or activity-inducing electronic devices within reach of the bed

_____ **Consumption:**

- No large meals before bed
- No caffeine after 3 or 4 pm (depending on sensitivity)
- No alcohol before bed

_____ **Calisthenics:** Lack of regular exercise can inhibit falling asleep; but rigorous exercise should be avoided within a few hours of sleep.

14-DAY TRACKER

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

REVIEW YOUR SUCCESS

Success: 80-100%

Progress: 60-80%

Needs work: <60%

Adapted from https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

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