

# IMPROVE YOUR SNOOZE

## Challenge Instructions:

Complete the Challenge for a chance to WIN—Bluetooth scale!! (2 winners)



- Program runs from June 5 - June 30. Register Today!
- Print off scorecard & put a check mark for each day you do one or more of the “Improve your Snooze” activities (See the back for all activities).
- You can do as many activities per day as you want.
- We will raffle off 2 Bluetooth scales for anyone that does at least ONE activity per day for 21 days. (If you do two or more activities for 21 days you will be entered into the drawing twice)
- Turn your completed scorecard in by end of day Friday, July 7th!

**\* Mark how many activities you complete each day! - See back for activities!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>	8 <input type="radio"/>	9 <input type="radio"/>	10 <input type="radio"/>
11 <input type="radio"/>	12 <input type="radio"/>	13 <input type="radio"/>	14 <input type="radio"/>	15 <input type="radio"/>	16 <input type="radio"/>	17 <input type="radio"/>
18 <input type="radio"/>	19 <input type="radio"/>	20 <input type="radio"/>	21 <input type="radio"/>	22 <input type="radio"/>	23 <input type="radio"/>	24 <input type="radio"/>
25 <input type="radio"/>	26 <input type="radio"/>	27 <input type="radio"/>	28 <input type="radio"/>	29 <input type="radio"/>	30 <input type="radio"/>	

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Did you do at least 1 activity 21 days? ( YES / NO )

Did you do at least 2 activities 21 days? ( YES / NO )

# IMPROVE YOUR SNOOZE ACTIVITY LIST



Give yourself a check for every day you do at least 1 of the following 8 activities:

- 1. What's your Snooze Time?:** Determine how many hours you need a night and every night that you get that amount of time, give yourself a check. The average person needs 6-7 hours sleep each night. How many do you need?
- 2. Eat a light dinner:** Whether it's carbs, fats or protein as long as you go to bed satisfied, but not stuffed, give yourself a check. **Don't Over eat!!**
- 3. Set a Schedule for bed time and stick to it:** Set a bed time and wake time schedule.
- 4. Establish a rhythm or routine:** Give yourself a check for every night that you follow that routine. Whether it's reading for 15 minutes before bed, or yoga... Whatever, as long as it relaxes you before bed.
- 5. Be physically active or workout:** This would include walking more than 15 minutes, weights, treadmill, yoga. Any planned fitness activity would count. All exercise counts—more than 15 minutes!!! Remember we need 150 minutes of exercise a week!
- 6. No electronics 30 minutes before your scheduled bed time:** You want to read, get a book. The lights from these devices have been shown in countless studies to slow down production of melatonin, the hormone that helps us sleep.
- 7. Make Your Bed:** One survey found that people who made their bed in the morning were 19% more likely to get a good night's sleep. Maybe they're just happier about their sleep space?
- 8. No caffeinated beverages 6 hrs. before bed time:** Half of the caffeine you take in at 7 pm is still in your body at 11. It's not going to make a noticeable difference in just 24 hours, but within a few days of getting rid of caffeine, you should notice that you're sleeping better.