Sleep Challenge: Let’s start 2021 off right!

Most of us have felt those positive benefits of getting a great night’s sleep on that seemingly rare occasion. However, many of us may not be aware of all the negative effects of getting too little sleep both on an acute or chronic level.

This one-month sleep challenge will include two distinctive parts to the program. First, participants will be given “daily challenges” that will point to specific techniques/strategies that will assist them in reaching maximum and healthy sleep. The second part of the program is built on maintaining personal accountability. Each participant will track and submit this information on a platform in one of two ways. If participants have a wearable such as a Garmin/Fitbit/or Apple watch, participants will be able to record and submit the information from the actual device. If participants do not use a wearable, they can still participate by utilizing a sleep journal and simply submit this information manually. The ultimate goal is to build healthy sleep habits by achieving more restful deep and REM sleep patterns.

All signup information and details of the sleep challenge will be made available within the next few days on the CWC Website <https://www.consigliowellnesscenter.com/> and the CWC Facebook page <https://www.facebook.com/cwccommit2bfit/>