

OptWell Sleep Challenge

Sleep is instrumental for cognitive function, mental acuity and the ability to concentrate and learn new things.



CHANGES MADE:

LOG HOURS SLEPT PER NIGHT

SU	M	T	W	TH	F	S

NOTES:

Changes for Sleep Better

• Tech Tweaks

- Charge in another room
- Dim the phone light
- Set up "Do Not Disturb" features
- Turn off TV

• Bedtime Routines

- Stop eating/drinking 3 hrs before bedtime
- Meditate or journal
- Write to-do list for next day

• Bedroom Changes

- Make room dark, quiet, and cool
- Consider blackout curtains; no blue lights
- Avoid tech/work in bed

