

Benefits You'll Reap from a Good Night's Sleep Challenge

Sleep is a vital part of health and well-being. It helps us both physically and mentally to recover from the day, as well as to energize us for the day to come. Sleep is necessary to help us function at optimal capacity and enable us to be the most productive and effective as we can be.

This challenge is to create a personal awareness of your night time sleep routine, sleep hygiene, and behaviors that may hinder good quality sleep. Within the challenge, we hope to help educate you on the importance of sleep, provide tips and tidbits on how to get better sleep, and how to stay asleep without the stress of life interfering. We are challenging you to take a look at your sleep patterns and try creating positive behaviors that improve and enhance your sleep quality.



Register: Click wellness.ysu.edu and complete a short survey found in the Sleep Challenge widget about your sleep habits. This survey will sign you up for the challenge and is required to participate and earn points in this challenge.

Challenge Dates: September 11 – September 25, 2017

Challenge Instructions: During the weeks of September 11 & 18, you will record your amount of sleep and sleep habits for each day through weekly surveys found in the Sleep Challenge widget on the Living Well portal. Printable versions will be available on the challenge page to track throughout the week. More instructions will be available through the Sleep Challenge widget.

Challenge Rewards:

- 25 Points will be awarded to members who complete the sign up, Week 1, and Week 2 surveys.
- Participants will receive “A Good Night’s Sleep: Addressing Insomnia, Stress, and Digital Toxicity resource book from Wellness Council of America.
- All who complete the challenge will be entered into a raffle drawing for one of three prizes: a \$50 Dick’s Sporting Goods Gift Card, an Aromatherapy Basket, and a Gift Certificate for a 45 minute massage with YSU’s Massage Therapy Program.



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