



Sleep Better

CHALLENGE

Get 7 to 8 hours of sleep a night

Test Your Sleep IQ

How much do you know about healthy sleep habits? Take the quiz to find out:



Y N

1. Do you watch TV or use digital devices in bed to fall asleep?
2. Do you snore or take sleep medication regularly?
3. Do you go to bed at random times during the week and on weekends?
4. Do you drink alcohol or caffeinated drinks in the afternoon or evening?
5. Do you get less than 7 to 8 hours of sleep most of the time?

How did you do? If you answered “yes” to any of these statements, you could probably take a nap right now. Right? Research shows that getting 7 to 8 hours of sleep is ideal for most adults. Why? Sleep helps improve health and prevent disease. If you don’t get enough sleep right now, making simple lifestyle changes can help.

Requirements to complete this HEALTH CHALLENGE™

1. Read “Sleep Better.”
2. Create a plan to improve your sleep habits.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Randy Gardner was 17 years old, he wanted to win a high school science fair in San Diego, Calif. But to do that, he would need an epic project. Something that would defy the laws of science, the laws of nature. Maybe even redefine the human experience. What could he do?

Somewhere between that dream-like state and sunrise, the idea came to him.¹

- Go without sleep for 11 days (264 hours).
- Document the impact of sleep deprivation.
- Set a new world record in the process.

Think you could go without sleep for 11 days? Don’t try it. Lack of sleep (even a little) can have a negative impact on your mood, brain function, and decision-making skills. And over time, lack of sleep can increase your risk for chronic disease.

Gardner did set a new world record. He managed to stay awake for 11 days straight with the help of two friends, and a Stanford University researcher who drove him around in a convertible. Plus, he won the science fair.

It’s been 50-plus years since Gardner’s experiment. FYI...lack of sleep is no longer part of the Guinness Book of World Records. Why? Research proves it’s bad for your health.

So how much sleep should you get? And what can you do to get your Zzzs? Take the month-long health challenge: Sleep Better, and aim for 7 to 8 hours of sleep a night.

Here’s what happens when you don’t get enough sleep
<https://tinyurl.com/rmhyrub5>