



# SLEEP CHALLENGE

## RECOMMENDATIONS

- Exercise is linked to better sleep quality. If you struggle to fall or stay asleep, consider incorporating regular physical activity into your routine. However, avoid exercising within 3 hours of bedtime.
- Consider the use of applications that help with falling asleep or track time spent sleeping.
  - LifeArmor
  - Breathe2Relax
  - Tactical Breather
  - Smartwatch Tracking
- Speak with a health care provider if you continue to have difficulty sleeping.



Visit our website for more information and join our Instagram and Facebook communities to keep up on all the latest Warfighter Wellness content!

## WEEK 1 GOAL (DAYS 1-7)

**KEEP A LOG OF YOUR SLEEP SCHEDULE. BE SURE TO TRACK YOUR DAILY BEDTIME, WAKE-UP TIME AND TOTAL TIME SPENT ASLEEP TO BETTER UNDERSTAND YOUR TYPICAL SLEEP HABITS.**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

## WEEK 2 GOAL (DAYS 8-14)

**ESTABLISH YOUR SLEEP INTENTIONS. HIGHER QUALITY SLEEP STARTS WITH THE RIGHT MINDSET AND BEDROOM ENVIRONMENT.**

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CREATE A BEDTIME ROUTINE	SET A FIXED BEDTIME & WAKE-UP TIME	LIMIT ELECTRONICS 2 HOURS BEFORE BEDTIME	PREP YOUR SPACE FOR SUCCESS	RESTRICT ALCOHOL CONSUMPTION	GET SOME SUNLIGHT DURING THE DAY	WASH BEDDING OFTEN FOR CLEANLINESS

## WEEK 3 GOAL (DAYS 15-21)

**REMOVE DISTRACTIONS THAT MAY INHIBIT YOUR ABILITY TO FALL OR STAY ASLEEP.**

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
REMOVE SLEEP DISTRACTIONS	CHOOSE LIGHT & COMFY SLEEPWEAR	KEEP A BEDSIDE NOTEPAD FOR LATE-NIGHT THOUGHTS	AVOID CAFFEINE WITHIN 6 HOURS OF BEDTIME	AVOID ELECTRONICS WHILE IN BED	MEDITATE, REFLECT OR PRAY BEFORE BED	AVOID LARGE MEALS 2-3 HOURS BEFORE BED

## WEEK 4 GOAL (DAYS 22-28)

**WRITE DOWN TWO SLEEP GOALS BASED ON WHAT YOU GATHERED FROM YOUR SLEEP LOG AND THE CHALLENGE SO FAR.**

Goal #1	Goal #2

## REFLECTION (DAYS 29-31)

- What is one thing from the challenge that you want to integrate into your daily routine?
- What is something that you learned about your sleep habits from participating in the challenge?

**BONUS: REWARD YOURSELF FOR COMPLETING THE CHALLENGE!**

Days with this icon indicate days to journal and reflect.