

21 DAY SCREEN TIME/SLEEP CHALLENGE

FOR GOOD SLEEP HYGIENE

Getting the recommended amount of sleep on a regular basis is linked with better health, including improved attention, quality of life, and mental and physical health. Getting less than seven hours of sleep a night on a regular basis has been linked with poor health, including weight gain, diabetes, high blood pressure, heart disease, stroke, and depression.

1. Know how much sleep you need. **Adults**—at least 7 hours
Teens---8-10 hours.
2. Stick to a sleep schedule. Have the same bedtime and wake up time, even on the weekends (psychologically trains your brain).
brain to recognize it's time for bed).
3. Keep your bedroom dark and cool (16-19 degrees Celsius).
4. No large meal before bed, only a small snack.
5. No screen time (all screens including television) one hour before bed and no screens in the bedroom.
6. Do a relaxing self-care activity before bed.

How Would You Rate Your Sleep Health?

(Circle your range based on how you feel during the day)

BEFORE CHALLENGE

1-3 VERY POOR/ 4-6 POOR/ 7-8 GOOD/ 9-10 GREAT

AFTER CHALLENGE

1-3 VERY POOR/4-6 POOR/ 7-8 GOOD/ 9-10 GREAT