1.00 Winks Sleep Challenge 1-2024

Are sleep issues plaguing? Fatigued all the time? Join this initiative and start to sleep better at
 night. Pick one-two areas to improve on and wake up refreshed in the morning.

- If you do not have sleep issues, then this initiative is not for you.
- Open to employees and spouses
- Pick 1-2 areas that need improvement.
- Take the pre-fatigue survey
- Change your habits for 8 weeks.
- Take the Post Survey
- Turn in form for a gift card. For those with severe sleep issues, this program will be available for multiple quarters.

Check the item/s you are going to work on.

1. $\qquad$ Routine - Create a bed time routine, dim the lights in the home, read, etc. Create a routine that helps you be prepared for sleep.
2. $\qquad$ Bed Time - Work on going to bed at the same time each night.
3. $\qquad$ Cut the power (cell phone, computers, etc.) - Screen time before bed stimulates the brain causing alertness increasing serotonin levels which keep you awake.
4. $\qquad$ Exercise/Don't exercise - Exercise during the day can help you sleep better, but if you exercise too close to bed time it releases endorphins that keep you awake.
5. $\qquad$ Eating- Improve nutrition by eating more melatonin rich foods. Melatonin brings on sleep.
a. Cherries or juice
b. Goji Berries
c. Eggs
d. Warm Milk
e. Fish
f. Nuts
6. $\qquad$ Journal of sleep log - record what happened when slept, good, bad, time awake, etc. Look for patterns when slept better, or when slept worse.
7. $\qquad$ Caffeine - Caffeine has been shown to affect sleep as early as 10 or more hours before. Drinking caffeine in the evening is a stimulant and can cause troubles falling asleep.
8. $\qquad$ Follow one of these programs
https://www.mnsleep.net/wp-content/uploads/2020/11/4-week-Sleep-Challenge-Revised.pdf
b. https://www.sleepdallas.com/blog/sleep-challenge-basics/
9. $\qquad$ If you haven't done so schedule a physical and see your doctor, make them aware of the issue. They may order a sleep study and find that you have sleep apnea or another sleep disorder.

Name $\qquad$

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Mark the nights you accomplished your goal. If after 8 weeks you feel you have met the challenge sufficiently then turn in for a gift card.

Pre-participation Survey (Respond based on an average day or most days.)


Post-participation Survey (Respond based on an average day or most days.)

| 1) | To what degree are you now feeling fatigue? <br> None 12345678910 | Extremely |
| :---: | :---: | :---: |
| 2) | Do you have fatigue that is interfering with work you enjoy? <br> None 12345678910 | or activities <br> Excessive |
| 3) | To what degree are you now feeling ... <br> Awake 12345678910 | Sleepy |
| 4) | To what degree are you now feeling ... <br> Very Refreshed 12345678910 | Tired |
| 5) | To what degree are you now feeling ... <br> Energetic 12345678910 | Unenergetic |
| 6) | To what degree are you now feeling ... <br> Patient 12345678910 | Impatient |
| 7) | To what degree are you now feeling ... <br> Relaxed 12345678910 | Tense |
| 8) | To what degree are you now feeling ... <br> Able to Concentrate 12345678910 Concentrate | Unable to |
| 9) | To what degree are you now feeling ... <br> Able to Remember 12345678910 Remember | Unable to |


| 10) | To what degree are you now feeling fatigue? <br> None 12345678910 | Extremely |
| :---: | :---: | :---: |
| 11) | Do you have fatigue that is interfering with work you enjoy? <br> None 12345678910 | or activities <br> Excessive |
| 12) | To what degree are you now feeling ... <br> Awake 12345678910 | Sleepy |
| 13) | To what degree are you now feeling ... <br> Very Refreshed 12345678910 | Tired |
| 14) | To what degree are you now feeling ... <br> Energetic 12345678910 | Unenergetic |
| 15) | To what degree are you now feeling ... <br> Patient 12345678910 | Impatient |
| 16) | To what degree are you now feeling ... <br> Relaxed 12345678910 | Tense |
| 17) | To what degree are you now feeling ... <br> Able to Concentrate 12345678910 Concentrate | Unable to |
| 18) | To what degree are you now feeling ... <br> Able to Remember 12345678910 Remember | Unable to |

## Total Score:

