

## 100 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.

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

- 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.

1. 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. \_\_\_\_ Bed Time – Work on going to bed at the same time each night. 3. \_\_\_\_ Cut the power (cell phone, computers, etc.) – Screen time before bed stimulates the brain causing alertness increasing serotonin levels which keep you awake. 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. 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. \_\_\_\_\_ 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. 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. Follow one of these programs

a. <a href="https://www.mnsleep.net/wp-content/uploads/2020/11/4-week-Sleep-Challenge-Revised.pdf">https://www.mnsleep.net/wp-content/uploads/2020/11/4-week-Sleep-Challenge-Revised.pdf</a>

They may order a sleep study and find that you have sleep apnea or another sleep disorder.

9. If you haven't done so schedule a physical and see your doctor, make them aware of the issue.

b. https://www.sleepdallas.com/blog/sleep-challenge-basics/

Name	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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?  None 1 2 3 4 5 6 7 8 9 10 Extremely	10) To what degree are y
2)	Do you have fatigue that is interfering with work or activities you enjoy?	11) Do you have fatigue to you enjoy?
	None 1 2 3 4 5 6 7 8 9 10 Excessive	None
3)	To what degree are you now feeling  Awake 1 2 3 4 5 6 7 8 9 10 Sleepy	12) To what degree are y  Awake
4)	To what degree are you now feeling  Very Refreshed 1 2 3 4 5 6 7 8 9 10 Tired	13) To what degree are y  Very Refreshed
5)	To what degree are you now feeling  Energetic 1 2 3 4 5 6 7 8 9 10 Unenergetic	14) To what degree are y  Energetic
6)	To what degree are you now feeling  Patient 1 2 3 4 5 6 7 8 9 10 Impatient	15) To what degree are y Patien
7)	To what degree are you now feeling  Relaxed 1 2 3 4 5 6 7 8 9 10 Tense	16) To what degree are y Relaxed
8)	To what degree are you now feeling  Able to Concentrate 1 2 3 4 5 6 7 8 9 10 Unable to Concentrate	17) To what degree are y Able to Concentrate Concentrate
9)	To what degree are you now feeling Able to Remember 1 2 3 4 5 6 7 8 9 10 Unable to Remember	18) To what degree are y Able to Remember Remember

10)	To what degree are you now feeling fatigue?  None 1 2 3 4 5 6 7 8 9 10 Extremely
11)	Do you have fatigue that is interfering with work or activities you enjoy?
	None 1 2 3 4 5 6 7 8 9 10 Excessive
12)	To what degree are you now feeling  Awake 1 2 3 4 5 6 7 8 9 10 Sleepy
13)	To what degree are you now feeling  Very Refreshed 1 2 3 4 5 6 7 8 9 10 Tired
14)	To what degree are you now feeling  Energetic 1 2 3 4 5 6 7 8 9 10 Unenergetic
15)	To what degree are you now feeling  Patient 1 2 3 4 5 6 7 8 9 10 Impatient
16)	To what degree are you now feeling  Relaxed 1 2 3 4 5 6 7 8 9 10 Tense
17)	To what degree are you now feeling  Able to Concentrate 1 2 3 4 5 6 7 8 9 10 Unable to Concentrate
18)	To what degree are you now feeling  Able to Remember 1 2 3 4 5 6 7 8 9 10 Unable to Remember

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