



100 Winks Sleep Challenge 3



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. ___ 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.
4. ___ 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. <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. ___ 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 _____



Mark the nights you accomplished your goal. If after 8 weeks you feel you have met the challenge sufficiently in for a gift

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

then turn card.



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

1) To what degree are you now feeling fatigue? <i>None</i> 1 2 3 4 5 6 7 8 9 10 <i>Extremely</i>
2) Do you have fatigue that is interfering with work or activities you enjoy? <i>None</i> 1 2 3 4 5 6 7 8 9 10 <i>Excessive</i>
3) To what degree are you now feeling ... <i>Awake</i> 1 2 3 4 5 6 7 8 9 10 <i>Sleepy</i>
4) To what degree are you now feeling ... <i>Very Refreshed</i> 1 2 3 4 5 6 7 8 9 10 <i>Tired</i>
5) To what degree are you now feeling ... <i>Energetic</i> 1 2 3 4 5 6 7 8 9 10 <i>Unenergetic</i>
6) To what degree are you now feeling ... <i>Patient</i> 1 2 3 4 5 6 7 8 9 10 <i>Impatient</i>
7) To what degree are you now feeling ... <i>Relaxed</i> 1 2 3 4 5 6 7 8 9 10 <i>Tense</i>
8) To what degree are you now feeling ... <i>Able to Concentrate</i> 1 2 3 4 5 6 7 8 9 10 <i>Unable to Concentrate</i>
9) To what degree are you now feeling ... <i>Able to Remember</i> 1 2 3 4 5 6 7 8 9 10 <i>Unable to Remember</i>

Total Score: _____

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

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

Total Score: _____