



# 100 Winks Sleep Challenge 2023/4



***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.

