

March's Weekly Sleep Challenge

March is National Sleep Awareness Month. Short-term effects of sleep deprivation can appear in the form of: difficulty concentrating, decline in mood, impaired memory and visible signs of fatigue. Long-term effects of sleep deprivation can result in poor work performance, cognitive decline and heightened risk of dementia.

Each week in the month of March there will be a different sleep-related challenge to participate in. Track your progress by circling the date you successfully completed the challenge.


Staff that complete each of the weekly challenges successfully at least 5 days per week will receive an entry into this month's drawing.

Submit your tracking form to health@fsd145.org **NO LATER than Friday, April 10th.**

Name:

Date:



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 
Week 1 Challenge: Gradually shift your bedtime and wake-up time 15-20 minutes earlier each night for a few days before the time change.						
8	9	10	11	12	13	14
Week 2 Challenge: Reduce screen time by 30-60 minutes before going to sleep without using your phone, tablet, TV or computer to reduce blue light stimulation.						
15	16	17	18	19	20	21
Week 4 Challenge: Reduce caffeine intake. Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.						
22	23	24	25	26	27	28
Week 3 Challenge: Keep your room dark and cool. Darkness regulates melatonin production. Colder rooms help you fall asleep faster and maintain a deeper sleep.						
29	30	31			Forms due to health@fsd145.org .	



SLEEP HACKS FOR BETTER HEALTH



ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.