

September 2025

Sleep Challenge

Sleep is for more than just rest. Adults should strive for 7 hours of sleep each night. Adequate sleep each night supports healthy weight, boosts heart health, reduces stress, and enhances attention and memory. To improve your sleep you can try establishing a consistent bedtime routine, going to bed at the same time each night, limiting screen time at least 30 minutes before bed, avoiding heavy meals and alcohol before sleep, and engaging in regular physical activity.

This month make it a goal to achieve at least 7 hours of sleep each night.

Record the number of hours you sleep each night on the calendar below.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **October 10th**.