

Overtime challenge

You snooze, you win!

Our March Mayhem **week two** overtime challenge is to improve your sleeping habits!

Sleep plays an important role in physical and emotional health. Quality sleep can help to reduce inflammation, boost the immune system, improve memory and control weight.

To receive credit for this challenge, implement three *new* healthy-sleep tips throughout the week to improve your sleep. Some may improve quality of sleep, whereas others are focused on helping you get more sleep.

We've provided some ideas to get you started, but any healthy changes made to improve your sleep can be used for this challenge.

Please remember to turn in your tracker to your team captain as soon as it is completed for the week.

Tips to improve sleep

- Avoid afternoon naps
- Avoid caffeine after breakfast
- Don't go to bed hungry or full
- Exercise early in the day
- Limit background noise for better sleep: ear plugs, fan, air conditioner, sound machine
- Place alarm clock out of reach
- Read before bed
- Set your alarm the same time seven days a week
- Set your phone aside two hours before bedtime
- Sleep in a dark room
- Use an alarm clock instead of your cell phone

Source: sleep.org/articles/stop-hitting-snooze-button/

