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science

# Sleep Habits Challenge

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# Sleep Habits Challenge

## WELCOME TO THE SLEEP HABITS CHALLENGE!

This unique wellness challenge:

- Emphasizes the 6 Key Habits for better sleep.
- Provides education about the association between insufficient sleep and chronic diseases, conditions, and injuries.
- Offers a simple and fun opportunity for participants to track their sleep habits and work toward getting sufficient sleep.
- Drives wellness engagement and participation rates upward.
- Offers participants easy tracking of sleep habits by providing online and tablet or smart phone app-based tracking.

In this Challenge, participants will keep track of their progress in living the 6 Key Habits for better sleep. You will choose the timeline - we recommend about 6 weeks.

The Habits emphasize consistent bedtimes and wake times, planning enough time for sleep, exercise during the daytime, and avoiding activities in the evening that interfere with sleep such as caffeine, alcohol, TV/computer screens and electronics.

The program includes a host of promotional materials to assist you in getting the word out about the upcoming Sleep Challenge. Whether

you need informative articles to publish online, a letter of support from top leadership, or promotional posters to display in break rooms, it is all here. For your convenience, all materials are provided in both print-ready and editable electronic formats.

The educational resources and motivational e-mail messages included in the program are designed to reinforce the key health messages of the Sleep Challenge. Distribute these to participants throughout the challenge. Aside from increasing awareness about personal health habits and becoming more informed about good sleep hygiene, the participant also feels a sense of connection to the challenge when he/she receives regular communication from the Challenge Coordinator.

Also included is a suggested implementation timeline. It is designed to assist you in organizing the planning, promotion, implementation, and evaluation tasks necessary to ensure the Sleep Challenge is a success at your workplace.

This Challenge includes realtime, online reports showing participation and engagement in the challenges. Our reporting supports a variety of incentive approaches to fit your program.

To learn more, schedule your demo with one of our health promotion experts at [www.extracon.com/demo](http://www.extracon.com/demo)