

# OAKFIT

# sleep

# CHALLENGE

October 14 - November 13



## 30 DAYS

## GOOD SLEEP

## GOOD NIGHT

With all the many demands of life, it can be hard to get the sleep you need. That's why we're here to help!

We have put together 30 tips to help you get better sleep for 30 days.

When you're ready to start your challenge, your mission is simple: Aim to get 7-9 hours of sleep per night, as many nights as you can, for 30 nights in a row. Don't worry, it doesn't have to be perfect. Just give it your best shot.

Ready to show yourself some love and get a good night's rest? Let's reset that body clock and get started.



**Check off all the days when you got 7-9 hours of sleep. Click the squares on the left side of each day, or print this out and fill them in by hand.**



1

A healthy sleep habit can help your mental health, your hormone levels, and even your memory. Check out [this list](#) of all the reasons it's so helpful to get quality sleep!



2

Make a date with your pillow. Try setting a peaceful “go to bed” alarm on your phone to remind yourself it's bedtime.



3

Is your day-to-day routine helping or hurting your sleep? We recommend this [activity timeline](#) to promote better sleep.



4

Tucker yourself out with physical activity. Go for a long afternoon walk or a jog, or try jumping jacks at home.



5

If you're having trouble drifting off, it might be your bedroom's fault. Here's our [guide to redesigning your bedroom](#) for better sleep.



6

Caffeine got you buzzed? Try swapping your usual morning coffee with green tea. It'll still perk you up but with far less caffeine.



7

Get the pro tips for a restful night. Here's an [article on how to stay asleep](#) throughout the night.



8

Restless thoughts can make it hard to doze off. Make a “parking lot” for your thoughts. Keep a notepad by your bedside and write down the things that come to mind. They'll be there for you in the morning!



9

If you're not eating right, you're probably not sleeping right. Here are [a few healthy dinner recipes](#) that will satisfy your hunger — without keeping you up at night.



10

Our bodies are meant to interact with nature. Promote sleep by taking a daytime stroll in the outdoors. This can balance your thoughts and put things in perspective.

 11

Treat your mind and your body to a [soothing sleep](#) meditation. This calming audio journey is your ticket to dreamland.

 12

Enjoy a nice pre-bedtime bath. Add candles, bubbles, some gentle music, or just some Epsom salts, which may promote muscle relaxation.

 13

It's hard to conk out if your mind is racing. Get your thoughts out with these quick [bedtime journaling prompts](#).

 14

Follow your nose. Scents like lavender, jasmine, rose, and Roman chamomile may all help prime the body for healthier sleep.

 15

This easy [bedtime stretching routine](#) could be just what you need to prepare your body for a deep slumber.

 16

You've made it halfway through your challenge! How many nights have you been able to get a full night's sleep so far? Keep going!

 17

[Twelve simple tips to improve sleep](#). Check them out and see which one or two you'd like to try today.

 18

Looking for some guidance? Look up some tranquil Autonomous Sensory Meridian Response (ASMR) videos online. Many people find the calm, whispered voices of ASMR to be a steady comfort.

 19

There's a reason we give children a warm cup of milk for bedtime. It works! Try one of [drinks](#) that help you sleep before bed.

 20

The ancient Chinese design philosophy of feng shui recommends keeping all doors, cabinets, and drawers closed while you sleep. Doing this can promote a sense of safety and peace.

 21

Sometimes a little shake-up is all you need to get some Z's. Here's a list of [simple sleep](#) promoting swaps you can make in your food and in your routine.

 22

You're more likely to sleep better if you go to bed and wake up at the same time each day. Yes, even on your days off. Try sticking to a schedule as much as you can.

23

It's all in the timing. [Make time for sleep](#) so you can prioritize your health!

24

Still can't fall asleep? Don't toss and turn. Get out of bed so you don't associate your bedroom with sleeplessness. Get up and do something quiet, like reading or knitting, until you get sleepy.

25

Waking up isn't always fun. Luckily we have [five tips for a better morning](#), so you can rise and shine with the best of 'em!

26

Is your partner keeping you awake with snoring or movement? Have an honest conversation about what you need for a decent night's rest.

27

"The older you get, the less sleep you need." Wrong! Debunk this sleep myth and a few others with our evidence-based [list of sleep myths](#).

28

Still having trouble falling or staying asleep? Talk to your doctor about what you've tried, and what they recommend. Conditions like sleep apnea or insomnia affect many, and are diagnosed by a professional.

29

Relax your body from the inside out with this soothing [progressive muscle relaxation](#) activity.

30

Finish strong with a sense of accomplishment and a better understanding of the importance of sleep.

A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression—that threaten our nation's health. Even one night of short sleep can affect you the next day. Not only are you more likely to feel sleepy, you're more likely to be in a bad mood and be less productive at work. Make sleep a priority every night!

Source: CDC

[Check your weekly emails for additional tips on the importance of sleep.](#)

Submit the Smartsheet at the end of the challenge to be entered into a prize drawing for participants. Smartsheets will be emailed the final week of the challenge.

