

## Challenge Guidelines

- Read A Good Night's Sleep - 127 pages
- Sleep 7 - 9 hours each night. Time begins when you get into bed and ends when you get out.



**Total Participants:** 18,907  
**Completed Program:** 11,014  
**Online Reporting:** 8,056  
**Online Surveys Completed:** 6,661, 35%

**Survey Responses:**  
**Did you adhere to challenge guidelines for at least 20 days during August?**  
 98% YES      2% NO

**Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in A Good Night's Sleep?**  
 95% YES      5% NO

**Will you participate in the next challenge - Healthy Lunch Club?**  
 98% YES      2% NO

### 1-Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails and Program Content	4.07
Recipes	3.87
A Good Night's Sleep Book	4.00
Website & Tracking	4.14
Overall Program	4.14

**Personal Behavior Before Program**

Sleep 7 - 9 hours each night	3.47
Knowledge and understanding of healthy sleep habits	3.62
Productivity work/home	3.60
Overall well-being	3.60

**Personal Behavior Before and After Program**

Sleep 7 - 9 hours each night	3.98	15% ▲
Knowledge and understanding of healthy sleep habits	4.11	14% ▲
Productivity work/home	3.98	11% ▲
Overall well-being	3.97	10% ▲

## **EHA Member Comments – A Good Night's Sleep**

I have been in this program 4 years, have lost 50 pounds and am working on me!!! I love the recipes and tips. I have failed some days but the accountability gets me back. Thank you for doing this program!!!

I went to the doctor with the information from this program and was tested for sleep apnea and am now on a CPAP. Thank you! I have a new lease on life!

I just love these programs! You pick wonderful topics that wouldn't occur to me. Keep up the good work!

67 but feel 37!!

EHA Wellness helps me stay on track and helps me learn new ways to get healthy.

Book was a great read. I have lost 20 pounds since the start of this program with the results from Elevate.

I have always struggled with getting enough sleep but this was the best month I've ever had! I even traveled but I made it a point to work on my sleep habits!! Thanks!!

EHA Wellness is slowly but surely changing my bad habits!

I enjoy these programs so very much! I am able to pass the information to my family members. What a wonderful benefit!!

These programs have truly made me more productive at work and home. My overall well-being has gone up a few levels.

I have lost about twenty pounds since I joined EHA Wellness programs.

Loved this. I always woke every morning about 3:45. I got such great ideas through this program that I have been getting 8 hours almost every night. I feel better and love crawling into bed every night. 😊

I learned a ton from the book and have changed many aspects in my nightly routine. My husband has commented on how he can see a change in my mood and activity level since I have made the changes. Thanks a bunch!!

I enjoy sleep now. I feel rested and ready for the day.

It sounds pretty basic, but getting a good night sleep really has a positive impact the next day. As a teacher, I am more productive with sleep; get 8 and you'll feel great!

I made lots of great changes. I was taking a sleep aid, prescription. Now, I take it less and see myself eliminating most of it soon.

In a month, I have changed my sleep habit. I get to bed earlier, and get more done at work. Thanks!

As always, this was an outstanding program!

Love the book, very informative!

Thank you for continuous updates. Helps me keep accountable!

I really enjoyed reading the book. I also shared it with my husband and will continue to go back and read it as a motivator to take better care of myself!

The concept is fantastic. Who knew that even as adults we need to be reminded to get enough sleep? It makes a HUGE difference in my focus and well-being.

Since being on program I was on 22 meds. Now my doctor says I only need 5 and I no longer take diabetes medicine. This is all done by being on the EHA Wellness program.

Loved being a part of this program! Thank you!

YAY! EHA Wellness is working!

I am down to 187 pounds now. Your program helps me more than you know!

It seems as if this month things are seriously taking a turn for the better. I have struggled so much in the past, but this month I was able to carry one month's habits in to the next. Hopefully it will all continue. Thanks.

I look forward to the emails each day as it truly helps keep me on track and inspired!

These programs seem to roll into each other and you find yourself doing them with very little effort!

EXCELLENT!!! This has been the best program of EHA that I have participated in. LOVE the book.

Great book! Great system of keeping track!

This was most definitely my favorite challenge that involved a book. I read it in its entirety! It was an easy read yet so full of valuable reminders and info! I think sleep is a health aspect most don't think matters to all their other ailments and they are so wrong!! I used to think (and brag!) that I still functioned well on 5 hrs/night and making some changes to get 7+ has been a life changing improvement to me (at work and at home)! THANK YOU for a great program that wasn't again about the norm (eat right and exercise).

This was the most difficult challenge for me as I just have very poor habits and they are difficult to break. I do appreciate the opportunity to work on it.

My sleep patterns at my age were iffy at best. This program helped me realize how a good night's sleep can help me be more productive during the day. Thanks for the suggestions and the recipes:)

Not only did I feel better, but the energy made it possible to walk each morning and I lost 7 pounds. 😊

It was so refreshing to find that the additional sleep really was helpful. I was more mentally alert, had more energy, and didn't notice that afternoon dragging period that I often had. This was one of the best programs yet. (My skin even looked better after a good night of sleep!) Thank you.

I have used the wellness suggestions and recommendations to aide in losing 130 pounds. I look forward to my continued success.

I was sleeping 4-5 hours a night, now 6-7.

I love this program!

EHA Wellness is Awesome!!

Once again, these programs are wonderful and I am very appreciative of your efforts to provide us with this. Thank you, Kipp Petersen

This program provides excellent information, and recipes to help you stay on track. Doesn't feel like a "diet."

Thank you!!

This is going to sound weird, but I felt like this challenge gave me permission to go to sleep when my body was telling me it was tired instead of getting the next thing on my to do list done. Thank you!

Thank you for the great programs and challenges you offer! They are GREAT!

LOVE the freebies - always awesome - hints are great!!

I have a 5 month-old baby who is having a difficult time sleeping at daycare and at home too :( I felt like due to this program I was more aware of the importance of sleeping and I was able to use some strategies with my son. So both of us could get a little more sleep at night. Thank you!!!

Did not realize how important it is to our health to get the 7 to 9 hours of sleep a night. Was a great challenge and will try to continue to get my 7 hours of sleep a night.

Definitely helped holding myself accountable especially being pregnant!

This program gave me the push to get the sleep I need to make my days go better.

Even before the program began, I always got 7-9 hours of sleep. This challenge was easy for me as I continued to get the same amount of sleep. I make sure I am in bed at the same time every night to ensure I get my much-needed sleep.

It made me aware of how much sleep I was getting and my poor habits.

Awareness & necessity to keep track almost always leads to improvement. Thanks for the opportunity to become healthier!

I really love these programs!

I won't say I'm "there", but I've made some positive changes that I hope to keep moving into the habit category!

I'm definitely more aware of how important sleep is. My goal this year is to try to go to bed early, regularly, and get more sleep than last year.

Keep up the good work.

I made a real effort to go to bed and get up at the same time each day. It really helped. I wish I could get one more hour - but puppies.

Great program, it showed me that I do have good habits when it comes to sleeping.

Really enjoyed the book. I know I need to get sleep but sometimes schedules are so full it's hard. But for health it is necessary!!

Really enjoyed reading the book!

Loved this challenge! We did it as a whole family making it a routine. It was a healthier lifestyle that needed to be changed!

All I can say is...what a difference 7-9 hours can make in striving towards having a happy and healthy life every day!

Great program!

I really like the way this program makes you think about sleep.

Made me think about if I was getting enough sleep every night.

After averaging 2-3 hours per night because of work schedules, 7-8 hours of sleep was like a dream. It took many months to be able to truly sleep soundly without waking up every few hours.

Sleep is something I have always been good at!

Getting a good night's sleep definitely improved my overall health. It also improved my mental outlook. It made it easier to cope with problems that came up during the day.

Great tips! Loved this info!!

Getting enough sleep is vital to productive working adults.

Please let me explain some of my responses. The program was again very helpful; however, I was hospitalized for 20 days and my Health is

recovering from a collapsed lung and 3 fractured ribs. I will continue to participate in your very worthwhile program. Many thanks!!

Loved the book. Lots of ideas for optimizing my sleep.

I am a person who sleeps 7-9 hours each night but would wake up 1-2 times a night. The one thing that was great was reading the book. I have learned how to have a more restful sleep where I don't wake up at all.

I suffer from insomnia. While I did not always increase to 7-9 hours of sleep, I did improve the average number of hours per night that I sleep.

Thank you for the very informative book. It really made it clear what habits needed to change.

Great recipes!

I'm grateful I have never struggled with sleeping, but I learned a great deal.

For me it was mostly a reminder to get to sleep. But to start the school year off, I've definitely had more energy.

Sleeping 7-9 hours has helped me focus better at home and at work.

Very good program!

I have had less headaches since I have getting a better rest at night.

I moved my cell phone out of the bedroom. I turn off all technology two hours before bedtime. I use an alarm clock tuned to my favorite radio station as my wake-up.

This was the best self-discipline to have especially at the beginning of the school year! I really kept me on task.

Love the different challenges offered. It definitely keeps me motivated!!  
Thank you!!

Made me more aware of my sleep habits.

The book was excellent! I enjoyed every bit of it. Thanks!!

The information on sleep was fascinating, so much I didn't really know prior to reading the book.

I feel so much better getting more sleep and I have energy.

It has really helped me in my sleeping. Thank you.

This made a difference in how I felt about myself. Getting enough sleep and increasing my water and workouts have improved my body image and how I feel.

Loved the book. Learned some new information.

Even though I only reached the goal eleven nights, that is really good for me. I am completely aware of my poor sleeping habits and last spring I really felt the negative effects. I will continue to work toward the goal of consecutive sleep-enough nights.

Being able to understand the benefits of getting the correct number of hours of sleep really made me more aware of what I was doing wrong so I could improve my sleeping.

Learned some new ideas for better sleep.

I realized how much better I feel after at least 7 hours of awesome sleep.

Awesome program!

I've learned through this challenge that by not looking at the clock when you wake up during the middle of the night, helps you get a better night's sleep. Plus challenge has made me become more aware of my sleep habits and how to break them too.

Very good information.

It was a great book and very good program.

This was an easier challenge for me... but now I see the benefits of getting plenty of sleep!

This was a great challenge. Not only did the challenge get me quality sleep, but also made me very aware of my device use before going to sleep at night. I challenged myself to be off my device an hour before bed. That was fantastic!

Great information. Easy to understand.

The program was really eye opening!

I was very mindful of the need for more sleep. The book was excellent! But I work 2 jobs and have a family to care for. Sleep just seems like the last priority, but I did try.

Good program!

I have developed a healthy sleep program. I find myself getting tired by 9:30 now instead of 11:30-12. Thank you!

I enjoyed the book. It really helped me understand the need for more sleep.

Great information and some excellent tips on getting the right amount of sleep!

Enjoy the recipes, my boy's now get on and find something different for us to try.

I can't believe how better I feel now that I'm getting more sleep at night!

Very much enjoyed the book.

Suggestions and links to sleep problems , apnea, etc. Health problems like thyroid, diabetes, anemia, etc.

I have been able to make sleep a priority! I used the bedtime app on my iPhone to remind me to go to bed to make sure that I get 7-8 hours of sleep each night. I will continue to use the app after the program! It's awesome!

The book was informative.

Really liked this EHA and the book was very informative and helpful

This program challenged me to be more accountable to myself and my well-being. Thank you!! I look and feel better!!

By cutting out caffeine after 3 PM really stopped a lot of middle of the night wake ups. Therefore, I got more restful sleep.

Helped me learn more about my stress levels at night and what to do in order to relax.

Excellent information! Really like the recipes!

The book was very informative. I enjoyed reading it.

I was more aware of my sleep habits

Cutting out technology before bed definitely helped me sleep better. It also strengthened my communication with my husband. We were able to just talk and relax before going to sleep.

I found by being aware of how I am feeling after I got 7-9 hours of sleep made me aware of how important that enough sleep is in helping me keep weight down AND be successful in my days work!

I enjoyed reading the articles regarding the different factors that contribute to poor sleep. I have made some changes and it has helped with the quality of sleep that I now get.

The book was great! I shared it with others in my family!

Since school has started I am trying really hard to get to bed sooner than 10:30 pm, to get 7 hrs of sleep. This program has really made me aware of how much sleep we should be getting.

The tips for sleep were very helpful. I feel much more rested overall.

Being an adult we often lose sight of how important sleep is and it was nice to have a challenge that allow me to relearn the necessities of life.

Loved this challenge! Very easy change to incorporate in life. So nice to have a way to be held accountable for this!!!!

I noticed that I am ready to go to bed about two hours earlier than I use to. Know I can almost always fall asleep right away.

School started during this program and I slept amazingly during the summer days, but struggled to get enough sleep once school starts. I feel like I sleep so much better when I don't have to wake up to an alarm,

however I do feel like this program helped me take my sleep habits much more seriously.

The program benefits was more positive and better eating habits. Weight loss through better sleeping and eating habits.

Great book! Thank you.

This definitely made me more intentional about trying to do the things I can to make a good night's sleep more likely.

This has helped not only improve my health but also my families.

This was a goal I actually enjoyed trying to meet. I think I had the best overall change in myself during this month. I really tried to make 7+ hours per night and record the time religiously each day.

Enjoyed the book!!

This challenge made me more mindful of what time I go to bed at night.

The book was great!

Made me much more aware of getting to bed before 11:00 pm.

I really enjoyed A Good Night's Sleep. The daily information/tips were excellent and I found myself sharing this information with friends and family. Food recipes were good also.

Enjoyed reading the book!

It was good for our whole family to get more sleep!

This program reinforced several areas of sleep but also pointed out areas that had been unfamiliar to me. Very interesting month. Thanks!

Definitely notice differences in daily activities improving with quality sleep.

I really enjoyed the book. Incredibly informative with many eye-opening facts and ideas. Definitely made me think about choices to help sleep.

Have had energy to get up and get going with walking.

I am a lot more aware of what has the opportunity to affect my sleep and some tips on improving sleep quality and quantity! Thanks!

I read the book the first evening I received it.

When the book came in the mail my first thought there was no way I was going to read it. But I picked it up even before the challenge started and read the whole thing. It was very interesting, thought provoking and the challenges it suggested we were so beneficial. Since retirement I find quality sleep has been much improved. Stress is such a sleep killer and the book offered positive problem-solving ideas. Thanks!

As always, a well-planned and present program, especially the recipes. We enjoyed several!

Good program!

Enjoyed the book.

Felt very "refreshed" each day!!

One of the habits that I changed during the month was taking my phone into the bedroom and playing games until I was ready to go to sleep.

By practicing better sleep habits, I realized how lax I was becoming about getting adequate sleep.

I found that diffusing lavender oil has helped me sleep.

The book was good learned a lot about sleep habits.

Thank you!

The tips were really helpful.

Sleeping better and longer feeling more rested.

I have only slept 6 hrs a night for yrs. Using the book has helped me change that. I now sleep at least 7 hrs. and sometimes more!

Good program.

I don't function without 8 hours sleep a night.

This program made me more aware of my bed times and ways to get to sleep sooner.

I received great ideas for a better night's sleep. The main one, turn off electronics and go back to reading a "real" hardcover book while relaxing before bedtime.

I know sleep benefits me and what benefits me helps in all aspects of my life.

It really helped me unplug my brain to sleep.

A great program!

Thank you for the program, it helped me learn a lot.

The overall program was good. I have a lot of stress in my life currently. Stress that affects my sleeping. The program was beneficial to that stress and it did help me with my sleeping.

I have been making an effort to go to bed earlier in order to get more sleep.

The program reminded me of the importance of getting quality sleep and getting to bed in a timely fashion.

I have trouble waking up around 4 a.m. and I found that going to bed earlier has helped some on this.

I love this program it helps a lot

Good!

Thank you.

Lost 3 pounds during this event! Thanks.

This is a hard one for me and especially this time of year so very fitting!

The book really helped me to key in on reasons I was having problems sleeping and I am doing much better!

Thanks!

The stress tips at the end of the book were very helpful.

Amazed at how much better I felt with even just one more hour of sleep a night on a regular basis.

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The program raised my self-awareness of my sleep habits.

Enjoyed the book.

Good program

I really enjoyed the book and learned a ton about sleep habits.

I loved the program. I loved tracking it on my fitbit.

Back in June/July were a little hard for me. I have been preparing for our daughter's wedding so trying to keep up with my good eating habit was a bit of a challenge! I finally got back on track not skipping meals.

It was nice to have a hard copy of the material so that I could read it more than once at my leisure.

We are in the middle of a remodel so I am sleeping in a spare bedroom. Different size bed, from king to full and mattress that is hard. My sleep is not restful. I realize how having a perfect bed makes it a must for good sleep patterns.

I really appreciate the time spent putting this program together. It really brings awareness of how important sleep is to the forefront. Thank you.

These programs are great! I appreciate the variety of topics for the challenges!

This one was an easy one for me. I like my sleep :)

Thank you!

I have a second job on the weekends, so getting that 7-9 hours can be tough, but I made a strong effort to hit my mark, even on these days. I think it has helped, at least to some degree.

I have been following this program for longer than this last month. To function and feel well I really need a good night's sleep.

Became more aware of how I felt the next day and overall for a week when I got a good night's rest. I work two jobs and some nights it is a struggle to get to bed and get 7-9 hours of sleep. I became aware of the following day I had poor eating habits. Now that I am aware of that I closely watch what I eat the day following a night of less than 7 hours of sleep.

With an 8-month old living at home, my sleep patterns were never the same. However, since starting this program and making sure to have a schedule down for my little one, both of us are getting a good night's sleep!

Getting in the habit of getting a good night's sleep has really paid off!

I loved the magazine that we got.

I have decided that sleep at my age is a gift and it either happens or doesn't. But you had a lot of great tips.

I have been following the Good Night's Sleep for longer than this last month. I really do need the sleep to feel and function well.

I thought the sleep book was interesting and helpful.

Outstanding book!

Very good support.

What a difference a good night sleep makes for the next day.

The gift card incentive definitely helps! Thank you!

Getting more sleep sure makes the day better.

More energy especially now that I am pregnant.

More sleep equals great attitude!

Another great program. Really made me see when I was/wasn't getting the sleep I needed. Made a difference.

The book is EXCELLENT. I found myself quoting facts from the text to family and friends, reading passages with my husband, etc. VERY informative!

Keep it up!

Great reminder about the importance of sleep.

The only reason I had to mark "fair" was because once school started, I was never able to get the recommended amount of sleep.

It did show me that I am not getting enough sleep.

Love how this makes you think about all of your bad habits and how to change them. You are more conscious of the time you go to bed and the time you wake up. Love the challenges! Keep them coming!

Great idea to cover sleep as it is so important for our productivity and well-being.

As always, I really enjoy the recipes. A Good Night's Sleep book had interesting info.

Thanks!

With two jobs, it was beneficial for me to track my sleeping patterns at night.

Made me more aware of the amount of sleep I was actually getting.

For someone who has frequent trouble getting to sleep, I did extremely well with this challenge of sleeping 7-9 hours per night.

I love it! It made me more productive during my day sleeping my eight hours is priceless know for me and my family. Kids don't wake up crying they wake up happy and ready to start their day.

The recommendation about not drinking any caffeine six hours before going to bed helped me the most.

This program heightens my awareness of why sleep is so very important. Some things I knew, but tend to "forget" or not utilize.

Cognizant and made aware of my sleep patterns. Adjusted to present. Much better, much more well rested.

Thank you for caring!

Great job!

I know that I still have trouble sleeping each night. Factors such as age and exercise level during the day can make sleep difficult. I am more mindful of my amount of sleep and the time registered by my Fitbit has improved.

Going to bed early helped me to get up early. I was up early and ready to go. I definitely got more things done and with energy to spare. Thanks

Great recipes!! I feel so much better with a good night's sleep.

I get at least 7 to 9 hours of sleep every night!

Book was interesting.

I knew prior to the program that I needed to sleep on a consistent basis. However, the program made me more aware of my sleep habits. Therefore, making better choices regarding my habits.

Good program, but it's just not possible for me to get seven hours of sleep per night with work and family responsibilities.

The emails with tips and research tidbits was helpful as was the book.

Sleeping habits are getting better.

It's a very good program and an excellent book!

Love the book, some was common knowledge but did learn new things, easy reading.

I know I should be getting better sleep but I am not always the best at getting the hours I should. This program made me accountable for the hours I was getting.

Love this program and the knowledge it shares.

I have focused more on good sleep habits as I get older. Sleeping and allowing myself time to relax has been better for my overall health.

This program really held me accountable to get to bed earlier to get a full night's sleep. I am trying to continue these habits! Found this program to finally have recipes that I will use!

I love this program!

Love the email reminders - keeps me on track!

I did find ideas from the book that I will use in the future.

I got a lot of good information from the book!

I needed this challenge after having a stressful summer. I really appreciated the reinforcement.

This program was great! I have not always been the best at getting the right amount of sleep but after taking part in this challenge I have become a lot more aware of my sleeping habits.

Great program! Had far fewer sleepless nights in the last month following suggestions from book and daily notes.

Have returned to reading before bed instead of using electronics.

Was ill for a couple of days, it's amazing how getting 8 hours of sleep when you're not feeling well helps reduce the coughing, sneezing, and everything that goes with it.

Loved this program it made me more mindful of how much and better I feel when I get the sleep I need. Stressful summer, it helped so much.

Very interesting book!

I love the emails and recipes...it makes you stop and think each day.  
THANKS!!

Great way to stay mindful about sleep habits.

Found myself going to bed at the same time each night and wake up at the same time. Felt more rested and productivity at home and in school was much better.

I learned so much interesting information from the book! Most shocking fact for me: Facebook causes divorce! WHAT?!

I have currently been using a CPAP and understand the importance of a good night's sleep. Following this program along with the use of my CPAP has made all the difference in the world to my overall well-being.

The program was a great reminder to get some sleep. I was fairly good before, and am much better now!

I found I had more energy in the evenings to tackle laundry.

I have really tried to follow the sleep advice, drinking a lot of water, moving more and being very conscientious about what I eat.

I need to be better at getting consistent amounts of sleep, so this was a good challenge for me. I have an alarm set on my phone now that is a reminder to get to sleep by a certain time.

Feeling good!

I enjoyed reading the book and learning some new things about sleep.

The timing of this program was perfect for me. Both the kids and myself starting back to school/work. We are all on a schedule, in fact, my 4 year-old woke up on her own this morning at 6:30!! It's such a great way to start the morning!

Sleep is one thing I've realized I really need, and have studied a lot about the benefits. It is other areas I need to improve on. However, I did focus on also walking more during this month. The EHA program reminds me to set goals even if you are doing one I'm good at (which is rare - sleep is my good one :-).

I became more aware of the importance of sleep and the impact it has.

I had surgery in March and July that kept me from doing much so I was glad to have this program during this latter time. Program made me aware of how not sleeping properly can have effects physically as well as mentally.

I really enjoy doing these activities. I know that I have to get better in some areas of my health and I think this helps.

This was a good challenge and the book was excellent reading!

I really liked the facts about what happens when you do not get enough sleep. It's so easy to stare at your screen and scroll as you head to bed.

I love your programs. Even if I do not learn anything new it is a wonderful reminder/review. Thank you so much for all you do!

Easy to follow this challenge! Good night rest is important!

This has been a wonderful session. Sleep deprivation is something that truly needed to be addressed. Thank you. Keep up the great work.

I'm working hard to get more rest. That is the hardest struggle for me. However, I am doing better at getting more rest.

This program really helped me to stay off my phone before going to bed. I still catch myself every so often, but I have gotten a lot better.

I really enjoyed the readings. Thanks!

I love the reminder emails, recipes and tips. It keeps me motivated to follow the plan.

I am so glad to see the promotion of healthy sleep patterns. I am a person who has to get 7-9 hours of sleep a night or I can't function very well and am more prone to getting colds etc. Thanks for promoting wellness for all!

By participating in this program, it does make you more aware of the amount of time you are sleeping!!

Loved the book!

I was thankful to participate in this program. I LOVE my sleep and my husband couldn't argue with me going to bed at 9:30.

It feels so good sleep the time I really need. I used to sleep only 5 hours every day now that I'm doing better sleeping the way I supposed I feel more relaxed and not to stress out like I was before.

The book helped my husband and I both with better sleep habits.

THANKS!

My sleep habits improved. I learned many tips for improving my sleep.

The book provided useful tips and advice.

This program has helped me become more aware of how sleeping habits really affect your day to day activities not only for me but my 3-year-old as

well. I have set alarms telling us when we need to get started getting ready for bed so we are in bed on time. Thank you for everything.

Thankful I don't have issues with sleep!!

Recipes are awesome! Advice for sleep is useful.

I was definitely more mindful of my sleep habits during this challenge.

I really liked this challenge because it made me aware of how I'm sleeping. I also thought the book was an excellent read!

Good program!

I'm very happy with this excellent program. thank you for your support!

The book "A Good Night's Sleep" was a great addition to this month's program.

This was great! I was able to share a lot of this information with my fiancé who has terrible sleep habits. He benefited as well.

This was very helpful in making me aware of my sleep habits & being more conscious of what time I go to bed. With my hectic schedule some nights I just can't get to bed at the same time (I take night classes) so I am doing my best to get to bed earlier!

Busy time at work, hard for me to take the time to read each daily tip, etc.

I loved this one! Every night I try very hard to get 7-9 hours of sleep. I know my body needs that in order to function properly. I enjoyed the book. It gave some good advice on sleeping!! Thanks.

I really appreciated the book on sleep habits it made me even more aware of the need for good sleep.

The articles in the book were very interesting and informative.

Really worked hard at getting more sleep each night.

I liked giving myself permission to sleep and just let tomorrow take care of itself.

I like that you are providing more recipes without meat.

This was a very good program! I had to go to bed earlier to get enough sleep because of the new medicine I took, it made my legs hurt.

I have more energy and my body doesn't hurt as much. Easier to move in the mornings.

Found an app that reminded me to go to bed in order to get the number of hours of sleep I needed.

Good reminder to get good sleep every night and unplug.

I really like this program.

I am trying to make a more conscience effort in relaxing before bedtime. I need to cut down on busy activities in the evening. Reading your book was very informative.

I appreciated how this program was informative about the value of sleep! Thank you!

I just love getting positive emails! Sleep, eating, dieting etc. these are little pick me ups during the work week. Thanks!

The relationship with others improve since I was more calm and happy.

Sleep helps to make you feel better.

This program was terrifying! I was completely unaware of how many things I was doing wrong. I am a long time insomniac and poor sleeper. I'm trying to make some changes from this program and I'm already seeing a difference. Thank you!

I really liked this challenge even though I did not get 20. It was a month of vacation and family visiting and late nights. I can really tell when I do not get the much needed rest, my overall energy is diminished. The book was very interesting to me and I will keep using it.

The program reinforced my knowledge of healthy sleep habits, and my personal need for more sleep hours.

The book had lots of good information.

Thank you so much for the information and the encouragement to help me maintain my daily attitude and progress. Keep up the good work. The recipes are great.

August was tough for me because we found out my older sister's cancer had come back and so my sleeping the later part of August was not the best. But I kept trying to get at least 7 hours of sleep when I could.

Very good program!

Made me so much more aware of good sleeping habits

Making sure I got a good night's sleep helped me feel so much better every day!

I loved the book! It was fun and an easy read. Very informative! I learned a lot of helpful things about sleep.

I used to stay up and watch the 10:00 news, Carol Burnett, & Perry Mason. So, I was going to bed at 11:30. Now I am in the bed by 9:30 and I feel much better.

Often times, I simply forget to check the days. Sleeping does come easy

I am sure this program was a good one. I just was overwhelmed with a lot going on. I will continue to participate in the other programs.

I would consider myself a "night owl." However, that was because I had a television in my bedroom, and would watch late night T.V. too late! I stopped that practice and found I was ready to sleep earlier, also I wear a C-Pap, but was not wearing it consistently, now I make sure I'm wearing my C-Pap every night.

I work a very hot job in the summer at a camping park. After reading the book I understood just how important it is for health reasons. I always try to get plenty of rest because of being on top of my job all year around and to be in good spirits and do my job correctly. People always work and do a good job when they get enough rest. I know I feel better when I have adequate rest. I also care about my health so this was a good program for me. I work at the school starting in August so I need plenty of rest to do both jobs until the end of September.

Book suggestions helped me get a better night's sleep.

Since I have been getting the extra hours of sleep, I have more energy throughout the day, my eating healthier has helped my feeling not as tired in the middle of the day.

Great program!

It's amazing how having encouragement and accountability from your program has gotten this night owl into bed at a decent hour to be refreshed in the early morning. Thank you!

Learned a lot from the book. Thanks.

Good!

I have struggled with sleep issues the last several years. After this program, I feel like I have a better understanding of tools I can use to get a better night's sleep.

I loved this program! It gave me a reason to go to bed early to get better sleep!

The book was very good - I learned a lot!

I became more attentive of my dedication to getting enough sleep.

It was easier getting back into routine after school started back up.

This is a hard one for me and especially this time of year so very fitting!

Just have enjoyed every single time I participate in the program. I will do it for as long as you provide them for us.

Like always, the recipes are very nice to have, especially when we don't have much time to spend in the kitchen. I like the simple ones.

Following your guidelines has help me get up to 8 hours of sleep. So I really enjoyed this one. Thanks!

I really learned a lot with the book.

Book was great! I passed it on to a friend who is having trouble getting a good night's sleep.

I really liked this program on sleep. It showed me how important it was to have a regular sleep pattern and follow it faithfully. Sleep is very important-good sleep is very important. I have learned that in my life. Thank you for this program.

I really enjoyed this one. As I get older, sleep is one thing that is getting harder to maintain.

This program really made me think and I do try to get to sleep earlier at night.

The program helped me cope with an issue concerning my pet. I've also read where the happier you are the less sleep you need.

I'm eating healthy and feeling better.

I am becoming much more aware of what continues to keep me ticking!  
Thank you!

This helped me really focus on my sleep. It helped me hold myself accountable for getting enough sleep. I was able to really see how getting enough sleep helped me feel more productive and how not enough impacted me for multiple days until I was able to catch up.

I actively pursue 8 hours of sleep. Thanks!

Thank you!

Thx!!

Made me be conscious of getting a good night's sleep!

I enjoyed the book and email comments.

Great program!

Loved this program!

Sleep book had nice articles.

Sleep knowledge is a good thing to have.

I really did not understand the importance of sleep before the challenge. Great information that I can share with others.

I know how important sleep is to my well-being and do actually feel so much better when I get more sleep. What's hard is that I'm generally an early riser, as that is when I'm the most productive. It's hard for me to go to sleep earlier even though I'm ready. I need total quiet and my neighbors aren't so eager to go to bed when I'm ready and my sleeping environment is close to the street. I'm working on some different and new techniques. I totally agree that more sleep is better. Good program.

Thank you for the book. It was good reading material. Learned a lot from it.

I really enjoyed the book! Sleep is not currently an issue for me, as you can probably tell by my evaluation above. Having the textbook, I was able to easily share strategies with friends/family.

I must have 9-10 hours of sleep each night, So this challenge was an easy one for me. However, I realized during this, how out of wack I feel when I am not getting enough sleep.

The program made me think more about my bedtime and how to get more sleep.

I loved the recipes and the book. Helps you to understand how important sleep is.

This challenge really did encourage me to get to bed earlier as I have little control over when I must get up in the morning. And the recipes were awesome. Now to stay with the get to bed earlier routine!!!

I never know how important sleep is to my well-being until now. Thank you for this program and I also now use a CPAP.

Just being aware of the importance of sleep has helped me tremendously. I've picked up a few bits and pieces of information - like how to relax when you can't sleep. I particularly liked the reading of a directions book or warranty manual.

I love the challenges!

Healthy I am!!!!

Great program! I learned how important it is to get enough sleep.

Using ideas and info about sleep with my teenager.

Who knew that something so simple as sleep would be impacted so much by our use of technology!!

Great book!

Started to feel a lot better after reading the book and getting the sleep I needed.

This program made me really evaluate my routine. I saw ways to improve my before bed patterns that helped me rest.

Since working with grief therapist, sleep has been more peaceful. Happier.

Great information and challenge. I was very consistent in my sleep routine with this reminder.

I learned a lot from the book. I also shared it with my husband, who is retired, so that both of us can get a good night sleep. Thanks.

I hadn't really kept track of how many hours of sleep I get each night. Making a conscious effort to get in bed earlier has made a real difference in the amount of energy I have the next day.

As much as I tried the stress of my job and the long hours required of an administrator, I did not do as well to adhering to the sleep challenge. I do have a Fitbit and use it to track my sleep.

It was hard to go to sleep earlier than what I normally do. But in the morning I felt a lot better.

Great program!

I really tried hard to get the right amount of sleep. As I age I can really tell that I need more sleep than I was able to go on before. I have more energy and am not so stressed or worn out. Thank you!

The book was very informative and the reading assignments were manageable. Both my son and daughter want to read the book.

I need sleep because I'm currently taking classes in the evening.

Emails are a great reminder!

Loss some weight & was more rested.

Great book! One of your best most helpful programs. I learned a lot about myself and shared the information with my wife.

I have established a healthy "go to bed" routine and I now have an earlier bedtime and I make better use of my day time activities. I also work out more which makes sleeping better.

This has helped to remind me that taking care of myself is not a luxury, it is a necessity.

The Good Night's Sleep book was super beneficial. I have shared it with other family members!

To have a very good rest at night makes feel positive and happy the following day!!

Awesome program, loved all the facts!

Great program!

I really liked this challenge. It made me more aware of how much sleep I really got.

Thank you!

I felt a lot more active during the day

Thank you!

Sleep is so important. Good to focus on it a bit again and get in better habits.

I have never been able to sleep well. This program has encouraged me to be in bed regularly, even if I am not sleeping. I feel that the attempt to be in the sleep mode at a regular time has helped improve my overall health.

I see a difference in my temperament because getting more sleep. THANK YOU!

Learned a lot about healthy sleeping. Very informative.

Good!

You hear about the amount of sleep you need and you think you are going good but after reading the book and the tips that were put out each day made it click so much better. For the month of August I only had 1 time where I didn't get my amount of sleep time. I felt so much better.

This had good suggestions that sometimes gets overlooked. I normally do have good sleep habits, but I have never thought of sleeping in the way presented in the book. Thanks EHA Wellness!

The book is very helpful and well-written. Thank you!

Appreciated the information in the book.

I am so sorry I did not complete this challenge. Because the book was sent to my school, I did not receive it until more than half of the challenge was done. I had plenty of time to read it, but I never managed to get to it. I will hopefully be more successful with the next challenge.

It's sometimes hard for me to get a good night's sleep. Actually focusing on making sure that happens helped me a lot this cycle !!

Thank you!!

Great reading book!

The books included in this program have all been helpful. They are easy to read and a great future reference!

I enjoyed the book very much!

I learned a lot from the book. quick read

Keep up the great work...thanks to your recipes I have a whole new cookbook which continues to grow with delicious recipes



I had a baby at the end of July--it probably wasn't a good idea to enroll in this program considering how much sleep a newborn's mother gets :)

Getting a good night sleep really makes all the difference in a good day and a bad day!

I feel good and healthy. I do my house work in time and go to sleep so that I can have 7 to 9 hours of sleep. I just pray I will be able to continue. Thank you for this program.

Was better when followed the 7 to 9 hrs. The book was good to read and see how I could change just a few things to get better sleep.

Good and helpful info was shared.

Still not getting the 7-9 hours of sleep, I have improved sleeping habits due to education of program.

This was the best one so far. I really was more successful with this challenge than any of the others. I am truly getting rested!

Well written book. I shared it with my family, and told them about the easy, practical advice I've implemented based on the book (unplugging WiFi at night, keeping cell phone out of the bedroom, etc.)

This one was easy to adhere to because I already make a good night's sleep a priority.

I even lost weight and this was the only thing I changed!

I truly enjoyed all the information from the book. I made copies of the recipes and tried some of them. Great program!!!!!!

Great book. I use it with my students.

I even got my son to do it with me!

I love to learn and appreciate the information shared for 'A Good Night's Sleep'.

Excellent Wellness Challenge! I really learned a lot about the benefits of getting enough sleep.

I feel healthy

I am glad I participated in this program. I learned a great deal and successfully changed my bedtime habits. Prior to this program, I usually slept 5 to 6 hours a night.

Am going to keep on going 😊!

Thank you!

It was very successful.

I'm learning so much. Thank you!

Yes, things are getting more on track. I really like this program and hope to stay on track. Thank you so much!

Shared with my teen.

I have always had good sleeping habits, but this challenge made me really pay attention to my sleep needs. I think in general I am in great shape with my sleep!!

The program was very helpful to challenge myself to get to bed on time.

Love the information about digital toxicity. So true!

Before the challenge I didn't give much thought to what was affecting my ability to sleep. Now that I have learned more about sleep habits I am interested in learning more to become a better sleeper.

I learned a lot about how important sleep is to my health and how many things can affect my sleep habits.

I love this program!

Rest is the best!

I like to sleep!!

It was helpful to be reminded that sometimes my focus and well-being during the day are due to good sleep. Unfortunately, I didn't track daily and here in the last week sleep has been a bit weird.

I liked the daily reminders in the emails about good sleep habits. It's always good to revisit things you've heard before.

I will be taking part in the next program :-)

I have to consciously make myself go to bed early. My normal bedtime is around 1a.m. and I am awake at 6:30 during the week. So, I had to really change my schedule to make sure I was getting 7 to 9 hours of sleep.

I enjoyed reading the book.

I enjoyed this challenge.

Very good reminders of the importance of sleeping healthy.

The program, coupled with belonging to Weight Watchers is helping tremendously.

Enjoyed reading the book. Good info!

Thanks for a great program!

Excellent!

Very good. Thank you! I passed the booklet on to my college aged son.

This challenge prompted me to set a "get ready for bed" alarm on my FitBit. Seems like a silly idea, but it really helped me get in a good bedtime routine.

I have always liked tracking my sleep. This program was something I already do daily. The benefits of sleep are important and I am glad this program is helping spread awareness to others.

Affirmation of what I assumed to be true.

I liked this program info.

I changed my water drinking habits and I sleep much better now. Thanks!

My body tells me to either slow down and take a break when I have been doing a lot so I'm aware of my tired body needs and wants.

I am able to relax more before bed. So, I can get the right amount of sleep.

Since I get up several times a night to use the restroom, that robs me of my sleep. However, by being in bed by 9 p.m. and getting up at 6 a.m. now I do get more sleep. I also curb my drinking water after we eat supper and that has helped. I no longer drink tea as that really seemed to make

me go to the bathroom a lot. I am more rested now and ready to get up to "meet" the new day. Thank you.

The emails helped with understanding how lack of sleep affects health. I feel much better getting more sleep.

I was able to share the book with my mother in law who has had trouble staying asleep. Some of the ideas were helpful to her as well.

Good program! Great recipes!

I never realized how important and hard to get adequate sleep was. Now I do.

I have always been a good sleeper but become more aware of the benefits.

Thanks!

I found myself focusing more on my sleep which lead to having a positive effect on my productivity the next day.

Not only did my productivity go up, my stress went down!

You provide good information - my problem is that I am still going to school while I teach. Next year, will be much better!

Book is amazing!

I always function better on a good night's sleep!

I have become more aware how important it is to get more than 7 hours of sleep. And I feel so much better. I eat better and drinking more water helps too.

I feel better!

I love to be reminded about the importance of sleep. Great program!

It is stuff we know we should do, but this is just a reminder that we need to. Love accountability!

Enjoy this program.

Great program!

Great book with lots of good information on sleep!

I am working to make much more positive health choices and this helped tremendously to support that.

Sleep is important to everyone's productivity.

Good ideas and liked the book.

I LOVE how I feel after I've gotten a restful 7 - 8 hours of sleep. I love the relaxation tips for falling asleep and staying asleep.

I really liked the book.

Great series! We all have problems sleeping from time to time. The book is a great resource.

I was more mindful of creating healthy bedtime routines and I'll continue to keep using those suggestions.

Thank you for these programs. I look and feel better.

As a first-year teacher, getting 7-9 hours of sleep every night has really helped me to remain alert and attentive in my classroom. It has also helped me to establish an internal schedule so that I can function effectively all throughout the day!

I really liked the book and will be lending out the book to a friend who is having trouble sleeping at night. Great information I had not thought about. Thank You.

I am much more aware of the amount I am sleeping each night, and making more of a conscious effort to get enough sleep. I definitely feel more rested!

The book really hit home and gave great information!

Made me rethink how important sleep is in overall health.

I appreciate the sleep emphasis this month. I would like to see it again after school starts. It is easy to get good rest over the summer months, but oh so hard during school.

May be more aware of my poor sleeping habits, so I tried harder to improve!

Thank you for the information in the book, plus, the healthy recipes!

Understanding how important a good night sleep is to your well-being is vital. Being a mom of two young kids, this served as a great reminder and helped me improve my productivity.

Great program. I lost 30 lbs. since late April.

Like this program-good reminder.

I loved reading "A Good Night's Sleep". It was very informative.

Thank you for including this segment to the Wellness program, it is so important!

I like these programs, it helps me to understand the different components of health

I loved being held accountable and it did help!

I especially appreciated the book's info on digital toxicity, and I have changed my own personal habits and encouraged the teachers I work with to do the same.

I enjoyed reading the book and emails. I just can't get enough sleep. Wish I could...still working on it.

I love these challenges, I always learn from them and try to apply the information and principles to my life as much as possible.

Great program!

I enjoyed this challenged because I became more conscientious about the important of routines one must do before going to sleep.

This program helps me to stay mindful of everyday habits (good and bad) and to actively take steps to improve. Thanks!

This program made me more aware of my need for sleep. Especially lately, being cognizant of when I go to bed has helped me to become more healthy overall.

Less electronic time can help you sleep better.

Great program. Love everything!!

I loved the book! I know the importance of sleeping well, but I learned more. And with this whole pre-menopause crud, it was so helpful to learn more!!

Awesome program! Thank you!!

I have learned how important sleep is if I'm going to be productive. I really appreciate the shortness of emails not lots to read. This is a great program.

Great tips for going to bed and what to do before you do go to bed. I like how you took a simple thing like sleep and showed everyone how important it is.

Email content is excellent, but there are often more emails than I can really keep up well with reading.

It does help me be more mindful about healthy habits, even if I already was doing relatively well with that.

Promotions and incentives are very nice and an enjoyable bonus.

I really enjoyed this program!

In earlier years, I wished I could fall asleep as fast as my husband. After the A Good Night's Sleep program, I am able to fall asleep quickly and actually look forward to going to bed for a good night's sleep!

Great recipes!

I found myself actually sleeping closer to 10 hours sleep a night after changing my nightly routine. I don't know if this is good or not, but I'm not tired at all at work anymore.

Loved this and it made me aware of how much I am actually sleeping. It made me get to bed earlier than I usually would.

Overall attitude and mental awareness improved. Made it easier to deal with the nights of sick or cranky kids where you can't get enough sleep.

The book was very informative and interesting!

Excellent program and reading. I've learned the importance of healthy sleeping.

Great program!

Keep up the good work!

I really like this program. It helps me a lot.

Thank you for offering these programs.

Thank you!

Thank you for these programs!

Getting a good night's sleep helped me through a very stressful time.

Adapted a discipline to assure a good night's sleep. The sleep book was very helpful.

I have never been a good sleeper no matter what I try so I am just thankful for the nights that I do rest well.

I love to sleep! A good night sleep really helps your next day! Thank you.

Good info. I have left my cell phone out of the bedroom at bed time.

Loved the book!

Loved this!

I have since then made sure that my children are on a strict sleep schedule. It has made all the difference in their attitudes.

This was very helpful, since I have struggled to get on track with sleep following open heart surgery. I now get enough sleep and feel energized and refreshed.

Being involved in this program made me more aware and do a better job of getting enough sleep each night. I tended to stay up too late and was not ready to rise in the morning without at least 7 hours.

Great program and great recipes!

Keep program going!

Thank you so much for the book. It is a great tool to have to learn about sleeping habits. I have been able to share some knowledge from the book and some tips.

Great program!

I want to continue working on myself with the information that has been provided...it is invaluable. Thank you!

It truly makes a difference if you don't have a good night's sleep. Thanks for some of the suggestions of getting me there.

It was a great challenge! Just being aware of bedtimes and how many hours I should be sleeping was hugely beneficial!

A good daily reminder.

This topic was very helpful to me! Thank you!

Idea on wifi and how it can affect your sleep. It is worth a try. And keeping the cell phone away from the bed, like not in the room is a good idea, but still difficult for me to do.

Great ideas and I am using them in my daily nighttime routine of sleep. Seem to have more energy, too.

Learned about my sleep patterns and how much my body feels and sleep needs.

I could definitely tell the difference in my energy level during the day when I slept 7-9 hours. Wearing my Fitbit helped me track for sleep accuracy.

I have learned a great deal of information from the book and applied it to myself.

I love my sleep!!

Thanks for everything.

I love everything!!!

I set an alarm on my Fitbit to remind me it was time to start getting ready for bed. That helped a lot and I was able to get into a better routine.

Thanks for offering this GREAT program to us. Really helping keep me on track.

I like the daily/weekly accountability!

Amazing!

Helped a lot.

Constant focus on developing better sleep habits is what I need to do. This program helped me to focus.

I think I felt more rested day to day.

I liked the educational materials and the recipes.

Very good book. Enjoyed reading it. I will share it with others.

Excellent program!

Thank you for this challenge. It was great to see what lack of sleep I was really getting! Now I'm more aware of when I go to bed, to make it a better day the following day.

Before this challenge I had difficulty sleeping. With the good night sleep book I have found ways to help me address my insomnia. Thank you!

I never realized the huge increase in productivity could occur by abiding by the 7 - 9 hours of sleep.

Wish I would have learned this 30 years ago.

I enjoyed parts of the book, but much was common sense...you are stressed, you might have trouble sleeping. I will keep the book and use it as a resource, so thank you.

Your program made me focus on my lack of discipline when it is time for me to go to bed. I improved over time and found I felt much better. I also appreciated A Good Night's Sleep Book. Thank you!

Participating in this program reinforce the importance of having a good night sleep for the overall health of the person.

When I was a child and even into my 30's and 40's sleep was never an issue, I could sleep anywhere and anytime. But in the last several years I have had trouble with sleep. I have made many adjustments and learned a lot about sleep in the last few years. I still learned a great deal from the sleep book. This was an excellent program for me. I found a few new things that really seem to help.

Excellent program - just didn't follow it this month, no excuse!

Accountability is a wonderful partner when trying to change behaviors!

Overall, I am feeling healthier and more alert during the day. I certainly have more energy to get things done.

I feel healthy

My overall well-being is much better. I'm more aware of my sleeping habits!

I tried exceptionally hard to get those 7 to 9 hours of sleep each night. When I did I noticed a big difference in my energy level the next day.

The recipes had ingredients that could be found at our small town grocery store.

Made me actually think about being healthier and getting enough sleep at night.

I liked this one to help me have better sleep patterns.

Sleep is so important and I struggle getting my 7 hours a night so I really appreciated this challenge! Thank you!

I feel more energy in my body and good mood. Thank you so much.

I feel more energetic and lost 16 lbs!

Sleeping those amounts of hours every day help. You have more energy.

Thank you!

Thank you for this very good program!!!

Found the book to be interesting reading and learned some things I didn't know.

I love the emails they are a great reminder of the focus wellness group.

Good deal!

A truly great program!

Such good motivation!

Feeling better after taking this program.

I have VCD and being more aware of my body and eating and balancing stress and workouts has actually decreased my attacks !!

Great program and successful!

This was a hard program to get going on but once you did it really helped.

Loved the book to read. Recipes are great. Nice program keeps me in check.

Thank you! I think sleep was a great place to start on the health journey!

Good to think about sleep activity.

Is very informative!

Great book, learned a lot.

I really love the recipes, and the book has good information. Thanks a lot!

I really enjoyed reading the "Good Night Sleep" book. So many things I didn't know. Thank you for this opportunity.

This program keeps me on track!

Thank you for helping me become a better me!

Appreciate all of your wellness programs.

I am not a book reader, but I did get a book and read before going to bed most week nights this month...I hope to make this a habit!

With a better sleep habit, I am happier and not as emotional.

Loved the book!

Great program!

It helped me a lot.

Love the program!!!

I love to be part of this.

Thank you!

I loved this! I HAVE to sleep otherwise I am a mess every day, but it was great to read about it in the book.

I did not realize that my drowsiness mid-afternoon was because I really was not getting enough sleep at night.

Thank you for this very helpful program. I have loaned my book to a friend who has sleep challenges.

Thank you for this great program.

I feel more productive and with much more energy.

:)

Discipline to have especially at the beginning of the school year! I really kept me on task.

Love these programs!

Everything great. Don't change anything.

I really enjoy all the challenges. They are positive and fun and I am supported with all my co-workers.

Would love to know how everyone else sleeps that is participating.

Don't change a thing!

This was really good! Thank you!

A great challenge for everyone. This could be done yearly.

Loved it!

Not planning to take part in program as I no longer work with Silver Lake Schools. I have really enjoyed EHA programs. Wish my new insurance provided this program to retired people.

Thank you for all you do!

Thanks for all you do to help us!

I love the program and the ideas EHA implements with them. Keep up the good work!

Let's do this one again!

Very good, I would change nothing!

It's a very good program! I need it. I'd like to repeat the same or similar program in the future because I'm more responsible follower then doing it just by myself. It is better to go through the program with the company or big company.

I really like this program and it has really helped me.

No changes for me. Everything you offer helps me in the long run. I like the fact that my buddy works with me in the building so she can help me anytime.

I found it hard to keep up with the reading. I think the tips and tricks in the emails are easier and more convenient (quicker) to read than the book.

Of what I've read and studied, I will try to better my night time habits with information I've learned.

I think adding a "healthy casserole" to the spring or fall would be great. I participated in the soup challenge, a few years ago and loved it!!

Keep them coming!

How do you get enough sleep if you have children who do not sleep through the night?

Keep looking for wellness challenges that incorporate the less-known aspects of wellness and health. So many of us talk about being burned out from just thinking food and exercise so things like financial, this sleep, etc. are a breath of fresh change - keep it up!

I don't see anything that needs changed at this time. Thank EHA Wellness for another good program.

I love the books, please continue to write them!

Great challenge!

Everything was excellent.

The program is so good, I like to be part of this program and I always use all the ideas and the suggestions that the program provides. Thank you for of this information!

Thank you!

Thanks!

Every thing is great.

Providing recipes with low sodium.

Awesome program!

Every program teaches you new ways to improve your health.

Keep them coming!