



A Good Night's Sleep

Avoiding insomnia, stress, and digital toxicity.
health matters®

EDUCATE ENGAGE EMPOWER CREATING A CULTURE OF WELLNESS

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or challenges designed to promote health and prevent disease.

Challenge Guidelines August 2017:

- Read A Good Night's Sleep - 128 pages
- Sleep 7 - 9 hours each night. Time begins when you get into bed and ends when you get out.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.
