

Challenge Yourself to A Better Night's Sleep

Sleeping is just as important to survival as eating, drinking, and breathing. But for lots of people, getting enough sleep can range from challenging to impossible.

The Centers for Disease Control and Prevention state that adults should aim for 7 to 9 hours of sleep each day.

Not getting enough sleep can increase the chances of developing diabetes, cardiovascular disease, obesity and depression.

Complete this month's Skill Builder Challenge for a chance to win one of ten Dream Essentials Escape Luxury Travel and Sleep Masks.



Calculate your average amount of sleep per day/night. Compare your average to the recommended amount. Record your hours on the Count Your Zzz's chart. Strive for at least 7 hours of sleep for 20 days. Adopt one sound sleep hygiene strategy each night to promote restful sleep. Plan out your day, which may mean going to bed earlier or ending your evening plans early.

Sleep Strategies:

- Maintain a regular sleep and wake schedule.
- Establish a regular, relaxing bedtime routine.
- Create a sleep-conducive environment.
- Use Your bedroom for sleep. Computers, televisions and cell phones are sleep distracters.
- Try to eat at least 2-3 hours before you go to bed.
- Avoid alcohol, nicotine and caffeine prior to bedtime.
- To promote restful sleep, exercise regularly but allow enough time between exercise & bed-time.



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness Ambassador

| Day | Hours of Sleep | Day | Hours of Sleep |
|-----|----------------|-----|----------------|
| 1 | _____ | 17 | _____ |
| 2 | _____ | 18 | _____ |
| 3 | _____ | 19 | _____ |
| 4 | _____ | 20 | _____ |
| 5 | _____ | 21 | _____ |
| 6 | _____ | 22 | _____ |
| 7 | _____ | 23 | _____ |
| 8 | _____ | 24 | _____ |
| 9 | _____ | 25 | _____ |
| 10 | _____ | 26 | _____ |
| 11 | _____ | 27 | _____ |
| 12 | _____ | 28 | _____ |
| 13 | _____ | 29 | _____ |
| 14 | _____ | 30 | _____ |
| 15 | _____ | 31 | _____ |
| 16 | _____ | | |

Total Days with 7 or more hours of sleep:

Submit by
e-mailing to:
nmpsia.wellness@phs.org
by June 10, 2018

Your Name: _____

Wellness Ambassador's Name: _____