

# August Sleep Challenge

Join our sleep challenge to transform your nights and boost your mental health.

Quality sleep enhances mood, sharpens focus, and reduces stress. By committing to consistent, restful nights, you'll experience improved emotional resilience, better decision-making, and overall well-being.

Embrace better sleep and unlock a brighter, more balanced you!



Employee Name: .....

Building: .....

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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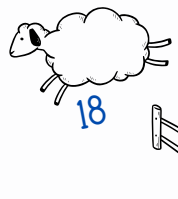
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## Why 7-9 hours?

Getting 7-9 hours of sleep nightly is crucial for overall health. It supports cognitive function, emotional stability, and physical well-being. Adequate sleep boosts memory, enhances mood, and strengthens the immune system, while chronic sleep deprivation can lead to serious health issues and impaired performance.

**Prioritize sleep for a balanced life!**

Individuals who submit sleep trackers with 18+ nights of 7+ cumulative hours sleep will be entered to win a \$150 VISA gift card or one of four \$50 VISA gift cards! Submit completed trackers to HR by September 6th.