



# SNOOZE FOR 7 CHALLENGE

## Sleep tight and wake up bright.

Most adults need at least seven hours of sleep per night, but many don't even come close to that on a regular basis. Want to help keep high blood pressure, obesity, and depression away? Hit the hay!\*



### CHALLENGE DATES:

Sign-up: 10/29/18 - 11/19/18

Challenge Runs: 11/9/18 - 12/7/18



### HOW IT WORKS:

Get one challenge point for every night you sleep for seven or more hours.

**The goal: reach 168 hours of sleep by the end of the four-week challenge**

**Daily max hours: 9 per day.**



Register and track your progress on [connect.simplywell.com](http://connect.simplywell.com) or the SimplyWell® mobile app under the **Well-being** section. You can also track your progress using an app or device.



### INCENTIVE:

The first 200 members that register and complete the Snooze for 7 challenge will earn (1) Leave One Hour Early Ticket. Good for any day that does not disrupt the main schedule. Leave must be submitted and date arranged at least 1 week in advance to your building administrator. Not valid during SOL Testing (school level).

\*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

**Questions about this challenge  
or your wellness program?**

**Call 888-848-3723.**