

FCC YOUR WELLNESS MATTERS

HEALTH TRADITION

WELLNESS AT WORK



SLUMBER NUMBER

Are you fully recharged when you start the day?

We all love sleep. Why do we get so little of it?

Sleep deprivation can be a small nuisance or a major catastrophe. Fatigue leads to errors, inability to concentrate, irritability and relationship stress. Few of us need medical confirmation that a good night's sleep makes a difference, but somehow we have trouble doing it.

Tips for better sleep, from Mayo Clinic:

- » Stick to a sleep schedule
- » Create a bedtime ritual
- » Limit daytime naps
- » Include daily physical activity
- » Pay attention to what you eat and drink
- » Get comfortable
- » Manage your stress

Target: 7–9 hours per night. Track the number of hours you sleep. Then, to help you see the benefits of a good night's sleep, keep track of how you feel each morning.

Activity tracker: Slumber Number Challenge

Challenge dates: 11/1/15 to 11/28/15

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Totals	
Week 1	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	Weekly goal: 49+ hours
Week 2	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	Weekly goal: 49+ hours
Week 3	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	Weekly goal: 49+ hours
Week 4	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	____ hrs. I feel... 😊 😞 😊	Weekly goal: 49+ hours

Your total hours of sleep for this challenge =
 (Challenge goal: 196+ hours)

Please turn in this tracker to your company's challenge "champion" at the end of the challenge to qualify for incentives.

Name: _____ Male Female
 Organization name: _____
 Employee Spouse/family Current Health Tradition member? Yes
 Age (optional): 18–29 30–44 45–59 60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

Have you signed up for the quarterly WellMe updates yet?

Go to www.HealthTradition.com/go/WellMe