

# July Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Sweet Dreams Challenge invites you to track how much sleep you get each night for 30 days. Knowing how much you sleep is a key step to making sure you're getting enough (7–9 hours for adults). As you log how much you sleep each night, you may notice some patterns that affect your sleep. For example, do you sleep better after reading a book or after watching TV? Does going to bed late one evening affect your sleep the next evening? Do you sleep better with the house warmer or cooler?

Not getting enough sleep has effects that go way beyond feeling tired the next day—consequences that can't be masked by a cup of coffee. When you are asleep, your body repairs itself, produces hormones crucial for good health, and renews your mind. Lack of sleep can actually lead to heart disease, stroke, diabetes, arthritis, and other chronic conditions. Not getting enough sleep is associated with weight gain. Track your sleep and make sure you get a good night's rest. Besides feeling better, you will perform at your peak.