

Sleep Challenge Rules:

- It runs for 1 week total beginning Monday, September 30th and ending Sunday, October 6th at midnight.
- You must tally your hours of sleep each night and fill in the sheet to hand in to me.
- Your goal is to get 8+ hours of rest a night. If there is a meet and the night is a challenge for that reason it is okay to get 6 hrs+ that night (given if you have homework etc when you get home that evening). Still make an effort to get to 8!! You may also use another night of sleep to complete the week if that is easier. For example, you could start on a Saturday night and count that evening instead of a Thursday meet night!
- I will only be taking your sleep challenge sheets until Friday, October 11th (you can hand them in at Zen with Jen in Friday yoga or get them to me before if you know you won't be there). I will hang up a manila folder for you to place them in again.
- I will then take all of the entries that have met the hours of sleep goal for the week into the drawing. We will have multiple winners!

Sleep is crucial to your well-being. Given your schedule for swimming, school and other activities it can be really difficult to get your hours needed per night. Teenagers should be getting between 8-10 hours of sleep per night, but I recognize that is not always feasible. Just being more mindful to make sleep a priority is super helpful! Good rest means you are more resilient, focused, have better energy and face issues as they arise more easily.

Good sleep hygiene recommendations:

-No technology for at least an hour before bed.

-No caffeine in the late afternoon or evening.

-A hot shower or bath in the evening can naturally induce feeling more sleepy.

-If you have any insomnia or trouble sleeping, try using visualization, breathing exercises or I AM thoughts (or an app if you have one). Yoga Nidra is an AWESOME tool to use as it is intended to put you in a sleepy state. You can find Yoga Nidra in apps and on YouTube.

-Avoid eating heavy meals late in the evening as your body works harder in digestion than sleep!

Get your REST ON SISTERS!!!!

Good luck everyone!