14-Day Sleep Challenge

Build better sleep habits and track your progress daily!

Sleep is often undervalued because modern life encourages us to push productivity over restoration, even though neglecting sleep has serious consequences for health, focus, and well-being. But good sleep is a cornerstone of our health and wellness. Getting consistent, quality sleep each night is essential not just for feeling rested, but for supporting our physical health, mental clarity, emotional balance, and overall energy. Adequate sleep helps the body repair itself, strengthens the immune system, improves memory and focus, regulates mood, and reduces the risk of chronic diseases such as heart disease, diabetes, and obesity. Prioritizing sleep isn't a luxury—it's a critical daily habit that empowers us to perform at our best and live healthier, more balanced lives.

We are challenging you to really focus on your sleep habits for 14 nights – **from March 25 – April 7**. Track your habits, add up your scores and reflect on how you feel by changing your nightly sleep routines.

Day	Bed Time	Wake Time	How do you feel?	7 – 9 hours?	No Screens	No Caffeine	No Alcohol	Wind Down	Move Body	Score
Mar 25										
Mar 26										
Mar 27										
Mar 28										
Mar 29										
Mar 30										
Mar 31										
Apr 1										
Apr 2										
Apr 3										
Apr 4										
Apr 5										
Apr 6										
Apr 7										
									TOTAL SCORE	

SCORING:

Give yourself a point each day for every habit you completed – max 6 points per day. Then add up your total score for the 14 days and send stacie.dixon@ufv.ca your tracking chart for a chance to win some great prizes!

HABIT:

1. **Amount of sleep** - did you get 7 – 9 hours of sleep
2. **Screen time** – did you resist the urge to look at any screens 30 – 60 minutes before bedtime?
3. **Caffeine** – did you stop drinking any beverages containing caffeine after 2:00 pm?
4. **Alcohol –** did you avoid alcohol at least 3-4 hours before bed?
5. **Wind down** – did you follow a wind-down routine for 20-30 minutes before bedtime (stretching, breathing exercises, reading, meditation, etc.)
6. **Exercise** – did you move your body for at least 20-30 minutes today in the form of **intentional** exercise?

HELPFUL TIPS TO BECOME A SLEEP CHAMPION:

- **Set your sleep goal** – pick a consistent bedtime and wake-up time. Aiming for 7 – 9 hours per night is important for our brain function and focus, physical health, energy and productivity, and our mood and mental health.
- **Reduce caffeine** – drinking caffeine after 2:00 pm can make it harder for you to fall asleep and/or cause nighttime awakenings.
- **Limit alcohol before sleep** – avoid alcohol 3-4 hours before bedtime. Although it feels relaxing, it actually reduces sleep quality.
- **Wind-down routine** – it's important to wind-down for 20-30 minutes before bed (reading, stretching, breathing, meditating, journaling or a warm bath). This will reduce cortisol and increase melatonin so it's easier to fall asleep naturally.
- **Screen curfew** – blue light from screens suppresses melatonin making it harder to fall and stay asleep. Stay off of them at least 30-60 minutes before bed.
- **Optimize your sleep space** – cool, dark, quiet spaces are best. This will help you fall asleep faster, stay asleep longer and improve the overall quality of your sleep.
- **Morning light exposure** – it is important to have a consistent wake up time along with getting 10 – 20 minutes of sunlight in the first hour of your day. These things will regulate your circadian rhythm (internal clock) and ensure that your have more energy and improved mood all day.
- **Move your body** – at least 20-30 minutes of exercise daily. Daily movement is a natural sleep booster that will help you sleep more deeply and wake up feeling refreshed.
- **Reflect & reset** – what worked and what didn't?