

# July Health Yourself

## Rest Quest Challenge

What if there was one pill that could ward off the common cold, excess weight gain, heart disease, poor decisions, memory loss, bad days, and even bad first impressions?

It also has no adverse side effects, and acts as a rinse cycle for the depressive and plaque-building amyloid proteins in your brain that cause Alzheimer's.

Wouldn't you be first in line to get it?

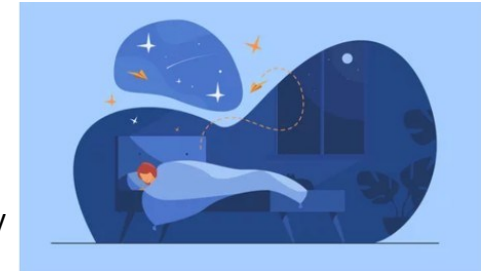
**Good news**, these benefits are available to you without stepping foot into a pharmacy; all through improved sleep.

**Research shows** that consistently getting quality sleep can dramatically affect your physical health, mood, brain function, relationships, and more.

**Use the following weekly logs** to work on habits designed to get you snoozin' like a pro! After you've completed your logs, turn them in to Jess Brown by 8/10 to qualify for prizes and 15 points toward next year's discount.

### More on the habits we are zzzz'ooming in on:

- **Movement:** studies show that sleeplessness decreases by 65% in people who get at least 150 minutes of moderate physical activity each week.
- **Intake:** unfortunately, some things we consume— caffeine, alcohol, food, and screens- can affect how we fall and stay asleep. We'll dig in to how subtle shifts can make a difference.
- **Environment:** various tweaks to your environment— such as lowering the room temperature by 2-4 degrees, ambient noise, and eliminating all light have strong impacts on how quickly and soundly you fall asleep.
- **Quantity:** research has found that individuals at peak performance have something other than 10,000 hours of practice in common— they also are more likely to get about 8 hours of sleep each night. The adult recommendation is to aim for 7-9 hours of restful sleep. Losing even just 90 minutes of sleep can cut daytime alertness nearly one third. Reducing sleep by 4 hours is likened to the effect of a 6-pack of beer. We'll play with how to bump up the quantity and quality of your hours asleep.



Name: \_\_\_\_\_



**Rest Quest habit log, week 1:** check off each completed habit and note how you feel the following day.

**Pro Snoozer Tip:** our goal is to ‘allow for 7+ hours of rest’ - this means setting aside that time, even if you don’t end up sleeping the whole time. Our internal clocks can be tricky to adjust, so if you are currently getting inadequate sleep, try getting to bed earlier by 15-30 minute increments at a time. And don’t sweat it if sleep evades you sometimes. Your body and brain are built to withstand these occasional rough nights. Just do your best to get back on track the next night.

Week 1, 7/6– 7/12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get at least 30 minutes of physical activity							
Limit caffeine (chocolate, coffee, tea, soda)							
Minimize Alcohol: < 2 drinks, before 8pm							
Limit food and drink a full hour before bed							
No screens for a full hour before bed							
Ensure room is dark, quiet, and cool							
Allow for at least 7 hours of rest							
Bonus: get outside within an hour of waking							
Bonus: wake up at about the same time as yesterday							
Bonus: do a ‘brain dump’ before bed, by writing down your ‘to-do’ list for tomorrow							
<b>How did you feel the following day?</b>							

Name: \_\_\_\_\_



**Rest Quest habit log, week 2:** check off each completed habit and note how you feel the following day.

**Pro Snoozer Tip:** cutting back on all forms of caffeine can improve your sleep. Effects of caffeine can last 14 hours! Even if you can drink caffeine late at night and fall asleep, the quality of your sleep may be diminished— leaving you extra groggy and needing more caffeine in the morning- further perpetuating the cycle of dysregulation. Remember kombucha and chocolate have caffeine too— so consider a dessert swap for Greek yogurt with berries, or a warm cup of herbal tea with honey. Get curious about how much caffeine you really need and why.

Week 2, 7/13– 7/19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get at least 30 minutes of physical activity							
Limit caffeine (chocolate, coffee, tea, soda)							
Minimize Alcohol; < 2 drinks, before 8pm							
Limit food and drink a full hour before bed							
No screens for a full hour before bed							
Ensure room is dark, quiet, and cool							
Allow for at least 7 hours of rest							
Bonus: don't skip breakfast							
Bonus: practice any form of intentional relaxation or meditation today							
Bonus: read a book before bed							
<b>How did you feel the following day?</b>							

Name: \_\_\_\_\_



**Rest Quest habit log, week 3:** check off each completed habit and note how you feel the following day.

**Pro Snoozer Tip:** Our bodies use cues like temperature and light to regulate when to sleep and wake up. Taking a hot bath 1-2 hours before bed actually helps change the body's thermo-regulation so that you go to bed with a lower temperature. It is a highly effective, low-cost habit for sleep hygiene. This temperature drop cues your body that it's time for bed. So keep your room dark and cool, and bathe before bed for optimal sleep.

Week 3, 7/20– 7/26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get at least 30 minutes of physical activity							
Limit caffeine (chocolate, coffee, tea, soda)							
Minimize Alcohol: < 2 drinks, none after 8pm							
Limit food and drink a full hour before bed							
No screens for a full hour before bed							
Ensure room is dark, quiet, and cool							
Allow for at least 7 hours of rest							
Bonus: ensure you get enough protein at dinner							
Bonus: take a hot shower/bath before bed							
Bonus: reflect on 3 things that went well today before bed							
<b>How did you feel the following day?</b>							

Name: \_\_\_\_\_



**Rest Quest habit log, week 4:** check off each completed habit and note how you feel the following day.

**Pro Snoozer Tip:** make your sleep environment sacred. Part of resting well is having a reliable place your body and brain wants to rest in. Try to launder your sheets once a week, keep the space tidy, and remove strong scents to avoid overstimulation. Additionally, avoid using your bed for things other than sleep and sex. If your mind gets used to doing work or watching television in bed, it can interfere with sleep cues.

Week 4, 7/27– 8/2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get at least 30 minutes of physical activity							
Limit caffeine (chocolate, coffee, tea, soda)							
Minimize Alcohol: < 2 drinks, none after 8pm							
Limit food and drink a full hour before bed							
No screens for a full hour before bed							
Ensure room is dark, quiet, and cool							
Allow for at least 7 hours of rest							
Bonus: get outside within an hour of waking							
Bonus: practice any form of meditation today							
Bonus: turn off sleep tracking devices							
<b>How did you feel the following day?</b>							