



USPHS Wellness Program

Prioritize Rest. Enhance Readiness. Support Health.

21 - Day Sleep Well Challenge

Join us for a 21-day commitment to better sleep.

Target improved health, resilience, mood, and mental health
by focusing on sleep hygiene.

Challenge Objectives

- Promote Healthier Sleep Habits:
 - Select two sleep hygiene strategies from the list below and implement both consistently over a 21-day period.
- Encourage Self-Reflection:
 - At the end of the challenge, complete 3-4 survey questions and an open-ended reflection about how these changes have benefited you.
- Recognize Participation:
 - Receive a Certificate of Appreciation from the PHS Wellness Group after submitting your end-of-challenge questions and reflection.

Sleep Hygiene

Strategies → (Choose Two)

- Go to bed and wake up within the same hour at every night (even on weekends).
- Limit screen time 1 hour before bed.
- Create a sleep-friendly environment (dark, cool, and quiet).
- Avoid caffeine after 2 PM.
- Get 20+ minutes of daylight exposure daily.
- Engage in daily physical activity (not too close to bedtime).
- Avoid alcohol and heavy meals close to bedtime.
- Practice a calming bedtime routine (e.g., deep breathing, stretching, journaling).
- Track your sleep each night: track time to bed, wake-up time, and sleep quality.

End-of-Challenge Reflection

- Complete a brief survey (3-4 questions)
- Share your personal reflection on how the challenge impacted your sleep and well-being

Sources

Centers for Disease Control and Prevention (CDC): cdc.gov/sleep
National Institutes of Health (NIH): nih.gov/health/sleep



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