Digital Wind Down Challenge

Avoid electronic devices at least an hour before bedtime to improve your sleep quality

CHALLENGE DESCRIPTION:

Welcome to the Digital Wind Down Challenge! In our hyper-connected world, it's easy to forget the importance of disconnecting. This challenge is designed to help you reduce screen time before bed, improve your sleep quality, and establish healthier habits. For this challenge, you will be disconnecting from your phone or computer at least 30 minutes before bedtime every day for one week.

HOW DOES SCREEN TIME AFFECT YOUR SLEEP?

Your body has an internal clock that regulates your circadian rhythm which is a 24-hour biological cycle that most bodily systems follow. Light has an effect on **your circadian rhythm.** The exposure to blue light emitted by screens can **disrupt your natural sleep cycle.** Blue light suppresses the body from producing as much melatonin, so by giving yourself time away from the blue light before bed, you give your body more time to produce melatonin for a restful night.

What are the benefits of reducing screen time?

There are multiple benefits to reducing screen time, the main one being enhanced sleep quality which has its own host of benefits.

- Reduced screentime can also lead to improved mental health as it can reduce stress levels.
- Allowing time for your mind to relax can help you to fall asleep more easily and wake up well rested.
- Sleep also plays a **vital role in memory function**, so you'll remember and learn better after a good night's rest.
- Quality sleep can also have many physical benefits such as helping maintain a **strong immune system.**
- Sleep can also **affect weight management** due to hormones that help control your appetite.

DIGITAL WIND DOWN

THE CHALLENGE

Time to improve your sleep quality through the one easy task of reducing your screen time before bed! Check off all the days in the week when you've put your devices away at least 30 minutes before bed. Click the squares on the left side of each day, or print this out and fill them in by hand.

1 **Designate a Charging Spot:** Plug your phone in across the room or in another room entirely to resist the temptation to check it.

2 **Establish a Routine:** Create a bedtime ritual that doesn't involve screens, like reading or meditating.

3 **Set Alarms:** Use an old-fashioned alarm clock instead of your phone to reduce exposure to screens right before bed.

4 **Start Gradually:** Begin with 30 minutes and increase the time as you begin to build this new habit.

5 **Engage in Relaxing Activities:** Replace screen time with activities like taking a bath, journaling, or gentle stretching.

6 **Inform Your Support Team:** Let friends and family know about your challenge so they can support you.

7 You did it! You are well on your way to forming a new healthy habit. Keep up the progress that you've made and look for new ways to challenge yourself further.

CHALLENGE COMPLETE!

Looking to continue your challenge? Try to keep it up for another week or even a month. Remember it's about investing in yourself and your health. If you miss a day, no worries. Focus on getting yourself back on track. Remember, the goal of the Digital Wind Down Challenge is to create lasting change for a healthier, more balanced life. Good luck and sleep well!

Congratulations on completing the Digital Wind Down Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.