



# Refreshed Awakening Challenge



## CHALLENGE DESCRIPTION:

In our fast-paced lives, sleep often takes a back seat to work, social activities, and screen time. However, adequate sleep is crucial for overall health and well-being. The Refreshed Awakening Challenge is designed to help you prioritize sleep, aiming for 7-9 hours each night. By doing so, you'll wake up feeling more refreshed, alert, and ready to tackle the day.

## HOW DOES THIS POSITIVELY IMPACT YOUR HEALTH?

- **Enhanced Alertness:** Quality sleep improves cognitive function, helping you stay sharp and focused throughout the day.
- **Better Mood:** Adequate rest can significantly boost your mood and reduce irritability, making it easier to interact positively with others.
- **Increased Productivity:** With more energy and better concentration, you're able to accomplish tasks more efficiently.
- **Health Benefits:** Consistent sleep can strengthen your immune system, support mental health, and lower the risk of chronic conditions.

### What will this challenge help with?

This challenge supports various aspects of health and well-being, including:

- **Improved Cognitive Function:** Enhances memory, problem-solving skills, and decision-making abilities.
- **Reduced Stress Levels:** Helps lower cortisol levels, the hormone associated with stress, promoting a calmer state of mind.
- **Boosted Immune System:** Quality sleep supports the body's immune response, helping you stay healthy.
- **Weight Management:** Adequate sleep regulates hormones related to hunger and appetite, aiding in weight management.
- **Emotional Stability:** Better sleep improves emotional regulation, reducing the likelihood of mood swings.

In addition to affecting your general wellness, lack of sleep is linked to high blood pressure and can affect hypertension.

**A study** has shown that people whose bedtimes varied by 90 minutes or more faced 92% increased odds for high blood pressure, compared to those who stuck to a regular bedtime. This shows that people need to consider not only how long they sleep, but also recognize the importance of keeping a regular sleep schedule.

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## ACTIVITY INSTRUCTIONS:

This challenge is all about enhancing your quality of life through better sleep. Over the next 7 days, you'll focus on establishing a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment. By making sleep a priority, you'll experience the transformative benefits of being well-rested. Let's commit to better sleep and wake up refreshed and ready to face the day.

Let's get started!



1

**Day 1: Set a Sleep Schedule** - Establish a consistent bedtime and wake-up time, even on weekends. Aim for 7-9 hours of sleep each night. This consistency helps regulate your body's internal clock and improves the quality of your sleep..



2

**Day 2: Create a Relaxing Bedtime Routine** - Develop a calming pre-sleep routine to signal your body that it's time to wind down. This could include reading a book, taking a warm bath, or practicing meditation. Avoid screens and bright lights at least an hour before bed to help your brain produce melatonin, the sleep hormone.



3

**Day 3: Optimize Your Sleep Environment** - Make your bedroom a sleep-friendly environment. Ensure your room is cool, quiet, and dark. Consider using blackout curtains, earplugs, or a white noise machine if needed. A comfortable mattress and pillows are also crucial for good sleep.



4

**Day 4: Limit Caffeine and Heavy Meals** - Avoid consuming caffeine and heavy meals close to bedtime. Caffeine can stay in your system for several hours, and large meals can cause discomfort, both of which can disrupt your sleep.



5

**Day 5: Exercise Regularly** - Incorporate regular physical activity into your day, but avoid vigorous exercise close to bedtime. Physical activity can help you fall asleep faster and enjoy deeper sleep. However, exercising too late can increase energy levels and make it harder to wind down.

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**Day 6: Manage Stress and Relaxation** - Practice stress-reducing activities throughout the day. This could include deep breathing exercises, yoga, or journaling. Reducing stress can improve the quality of your sleep and help you wake up feeling more refreshed.

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**Day 7: Reflect and Plan for Long-Term Sleep Health** - Reflect on your experiences during the challenge. Consider how you felt with adequate sleep and what changes made the most difference. Plan how to continue these healthy sleep habits going forward.

## Fun Activity: Dream Journal

Throughout the challenge, keep a dream journal by your bedside. Each morning, take a few minutes to jot down any dreams you remember. Reflecting on your dreams can be a fun and enlightening experience, providing insight into your subconscious mind. It's also a creative way to engage with your sleep routine and can help track patterns or recurring themes.

## CHALLENGE COMPLETE!

Congratulations on completing the Refreshed Awakening Challenge! By prioritizing 7-9 hours of sleep each night, you've taken an essential step toward enhancing your health, mood, and productivity. Continue to implement these sleep-friendly practices to maintain a well-rested and balanced lifestyle. Remember, quality sleep is a cornerstone of well-being, and you've unlocked the benefits of waking up refreshed and ready to take on the day.



# Congratulations on completing the **Refreshed Awakening** 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.

