

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

APRIL 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!



April Challenge

Keep a record of when you go to bed,
when you get up and how well you slept

GOAL: Improve sleep habits & wake feeling rested



"Sleep is that
golden chain that
ties health and our
bodies together."

– Thomas Dekker

Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression. Understanding how lack of sleep affects your health can allow you to make healthier decisions. Good sleep habits can help you get a good night's sleep. Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smartphones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

MARCH RESOURCES

REST EASY
PODCAST



4 Week Sleep Challenge

Use this 4 week challenge to track your sleep schedule and concentrate on directions each week to improve your sleep!

How Much Sleep Do I Need?

Check out this chart to see the recommended hours of sleep per day for your age! From there you can also learn more about sleep disorders and better sleep habits.



Remember to submit your reflections from tracking your sleep by May 1 to be entered to win this month's prize!

SUBMIT YOUR SLEEP
TRACKING
REFLECTIONS HERE