**8-Day Sleep Challenge**

This staff challenge prioritizes health by promoting something many of us take for granted – sleep!

We balance countless tasks each day and often neglect our sleep in the process. It is recommended that adults get 7-9 hours of sleep each night[[1]](#footnote-1) for optimal health because the potential benefits of getting great sleep include:

1. Improved mood regulation[[2]](#footnote-2)
2. Increased energy levels2
3. Improved immune system functioning2

**Goal:**

Each staff member will track his or her sleep for 8 nights, working toward getting a minimum of 7 hours of sleep each night.

**Timeline:**

This challenge is designed to last 8 nights, but could be extended over a longer period of time by adjusting the tracking sheet provided. This activity pairs well with the monthly campaign called *Be a Sleep Star*, but it can be used at any time.

**Materials:**

1. One sleep tracking sheet per staff member (*attached*).
2. Email to staff (*attached*).

**Instructions:**

1. Send out suggested email copy to staff.
2. Distribute a sleep tracking sheet to each staff member.
3. Send out an email reminder halfway through the challenge, encouraging staff to continue.
4. Collect completed tracking sheets from staff on the final day of the challenge.

**Next Steps:**

1. Share your staff’s progress on your school’s social media. Please tag @APPLESchools so that we can re-post and promote!
2. Continue to prioritize healthy sleeping habits.
   1. Encourage staff to continue tracking their sleep.
   2. Check out any of the APPLE Schools sleep-focused campaigns like *Be a Sleep Star* for tips on healthy sleep habits. [Find them here.](http://www.appleschools.ca/monthly-campaigns)

**Suggested staff email copy**

*Please personalize as you see fit.*

Hello (school name) staff,

It is easy to fill up our busy schedules with tasks and responsibilities but neglect getting a good night’s rest. That is why I am inviting you all to take part in our new staff wellness initiative, the *8-Day Sleep Challenge*!

This challenge is recommended by APPLE Schools to improve overall health and well-being, and to model healthy sleep behaviours to students.

It is recommended that we get 7-9 hours of sleep every night. Getting the recommended amount of sleep is linked to improved mood regulation, increased energy levels, and better immune system functioning. Our goal is to get 7-9 hours of sleep each night for the next 8 nights.

I have attached a tracking sheet which you can fill out with the number of hours you sleep each night.

Please return your completed tracking sheet to me after 8 nights. Sweet dreams!

1. [Sleep Foundation Guidelines](https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times) [↑](#footnote-ref-1)
2. [Sleep Satisfaction](https://www.sleepfoundation.org/sleep-topics/why-improving-your-sleep-satisfaction-can-increase-your-energy-level-0) [↑](#footnote-ref-2)