

COMMIT TO SEVEN DAYS OF HEALTHY SLEEP

The right amount of quality sleep creates a happier, healthier you! For one week, pledge to focus on one small change that can have a big impact: the *quality* of sleep you are getting.

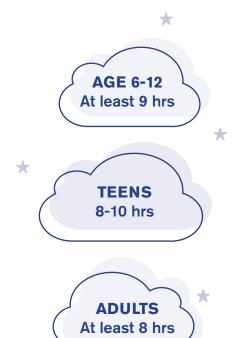
- Check the chart for your recommended amount of nightly sleep
- Print the Pledge on the next page and fill in the blanks
- Sign your name and share with a friend or family member!

Bonus Accountability Boost: Use our <u>Sleep Smarter. Perform Better.</u> Sleep Journal to track your sleep and celebrate your success!

PRINT THE NEXT PAGE AND FILL IN THE BLANKS.

Alliance for a Healthier Generation. (2018). Is your child getting enough sleep to performat his or her best?
How kids can sleep smarter and perform better. Retrieved from
https://www.healthiergeneration.org/articles/is-your-child-getting-enough-sleep-to-perform-at-his-or-her-best-how-kids-can-sleep

HOW MUCH SLEEP DO YOU NEED?¹





MY HEALTHY SLEEP PLEDGE

l,	
[INSERT NAME]	
am committing to	hours of quality sleep a night for 7 days.
[INSERT NUMBER]	
I will meet my hourly sleep goal by ensuring I am in bed by	:pм so I can wake up at:ам
	[INSERT BEDTIME] [INSERT WAKE TIME]
To improve the quality of my sleep, I will [CHOOSE AT LEAST	1 TO PRACTICE EACH DAY]:
Turn off my electronic devices at least 30 minutes be	
Move my body for at least 20 minutes during the da	
Avoid caffeine in the afternoon and evening	,
Meditate or journal before bed	
Write down your own relaxing bedtime routine here	!
	and I know that good sleep is an important step.
[INSERT REASON , SUCH AS SCHOOL, WORK, FAMILY, FRIENDS]	and ranon that good sloop is an important stop.
I know I don't have to go it alone!	will be my sleep success buddy
[INSERT NAME OF FRIEND O	
I will celebrate my success at the end of the week by	
[INSERT REWARD]	
SIGNATURE	DATE