

STAFF CHALLENGES

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 night¹ for optimal health because the potential benefits of getting great sleep include:

1. Improved mood regulation²
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.

¹ [Sleep Foundation Guidelines](#)

² [Sleep Satisfaction](#)

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.
 - a. Encourage staff to continue tracking their sleep.
 - b. Check out any of the APPLE Schools sleep-focused campaigns like *Be a Sleep Star* for tips on healthy sleep habits. [Find them here.](#)

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!