

# 7 Day Sleep Challenge

brainSHIFT  
WELLNESS FOR YOUR BRAIN, BODY, & TEAM

Take the next 7 days to start micro habits that reset your sleep/wake cycle & promote restful sleep.

**Set one time to sleep every night this week.**

10 pts for each day you succeed

10

**No work 30 minute prior to bedtime M-F.**

25

**Buy an alarm clock.**

(or check if you already have one-your phone does NOT count!)

50

**Remove anything related to work from your bedroom.**

100

**Set one time to wake up every morning.**

10 pts for each day you succeed

10

**Put clean sheets on your bed.**

25

**Watch video "why your sleep is disturbed"**

50

**Remove the television from your bedroom.**

100

**Make your bed every morning.**

10 pts for each day you succeed

10

**Declutter & remove anything from underneath your bed.**

25

**Watch video on supplements for sleep**

50

## BONUS

**Clean out & organize your bedroom closet.**

100

# Total Score: