

5 Day Sleep Challenge: 7 hours of Sleep, 5 Days Straight



Over the next five days challenge yourself to get seven hours of sleep per night.

What is the most troubled area of your sleep routine?

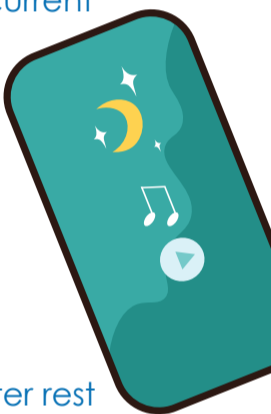
Reflect upon what factors may be preventing you from getting a full seven hours of sleep per night. Next, pinpoint the number one sleep-sabotaging habit. Use this assessment to help uncover your sleep obstacles and current sleep quality ([Sleep Quality Assessment](#)).

Fuel Your Success

A 3-part approach:

1. Over the next five days, stop or avoid the negative habit that you've identified above
2. Identify your "why." What is a compelling reason, related to your health and wellness that will motivate you to follow through?
3. Replace the negative habit with a new one that will aid you in better rest

Put the new habit into action over the next five days as you aim to get seven hours of sleep per night.



Select from 1 of the 9 healthy sleep tips suggested below

1. Get on a schedule

Get up and go to bed at the same time each night. Waking up and going to bed at the same time each day makes it easier for the body to adjust to a good sleep pattern.

2. Experience both daylight and darkness

Get out and expose your body to sunlight or artificial bright light throughout the day. Use blackout curtains to make your room dark at night, or simply make your room as dark as possible.

3. Practice yoga, meditation, and mindfulness

Stressed individuals have difficulty sleeping, no matter the cause. Researchers have found that those who practice yoga or some form of meditation can lessen stress and aid restful sleep.

4. Avoid naps during the day

While naps of short duration have been linked to improvements in alertness and well-being, Try minimizing daytime napping to improve your nighttime sleep.

5. Watch what you eat, and when you eat

Several studies have shown that high-carb meals may be detrimental to a good night's sleep. Instead, high-fat, low-carb meals can allow deeper and more restful sleep. It is recommended that you eat four hours before you go to bed, when eating a large meal.

6. Listen to relaxing music

Those with chronic sleep disorders such as insomnia have found their symptoms improve with the use of music before bed. Music that is relaxing in nature can significantly improve sleep quality.

7. Exercise during the day

Physical activity is beneficial to healthy sleep. Exercise has been shown to decrease levels of cortisol, a sleep-sabotaging stress hormone. Exercising early in the morning is best, because working out near bedtime can actually delay restfulness.

8. Get comfortable

Quality mattresses, pillows and bedding can have excellent effects. A medium-firm mattress has been shown to positively affect sleep quality, prevent sleep disturbances, and muscular discomfort.

9. Try aromatherapy

Aromatherapy involves the use of essential oils that have relaxing effects. Popular scents with positive effects on sleep include: lavender, damask rose and peppermint.



After completing the challenge reflect on your experience

Which healthy sleep tip did you choose? Did you complete seven hours of sleep over five days? How did your sleep improve? How did you feel after a full seven hours of sleep? Assess and reflect on your results using this sleep assessment diary: [Daily Sleep Diary](#)

Keep the flame burning

Are you likely to maintain your new sleep habit? Try a bonus challenge: choose one healthy sleep habit to implement over the next 30 days.