



SLEEPIN' DEACON CHALLENGE

PARTICIPANT GUIDE AND REQUIREMENTS

1) COMMIT TO AT LEAST 2 PER CATEGORY EACH NIGHT

RELAXING ROUTINE

- Go to bed around the same time every day
- Wake up around the same time every day
- Try a soothing ritual before bed (reading, meditating, stretching)
- Use a calming aromatherapy spray, candle, or lotion before bed

SLEEP SPACE

- Charge electronics away from your bed
- Make the room dark and quiet
- Make your sleeping space comfortable
- Only use your bed for sleep (no studying, watching TV)

HEALTHY HABITS

- Avoid large meals 1 hour before bedtime
- Avoid drinking caffeine 3 hours before bedtime
- Don't use electronics 1 hour before bedtime
- Spend time being physically active during the day

2) SLEEPIN' DEACON JOURNAL

- Complete the Sleepin' Deacon Journal **daily** to record your sleep from the previous night.
- You will receive an email reminder everyday with the link to the online form, or you can visit the Sleepin' Deacon webpage thrive.wfu.edu/programs/sleepin-deacon/
- You are allowed one free missed journal entry. If you miss two or more entries, then you are not eligible for the grand prize.

Closing Celebration

February 26 | 4-6 pm | WF Wellbeing Center A329

Questions? Call us at 336-758-3089 or email thrive@wfu.edu

