

# BeRested Challenge

## March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						☐ 1 Use this <a href="#">sleep calculator</a> to help determine your ideal bedtime.
☐ 2 Wash your sheets and pillowcases for a fresh sleeping environment.	☐ 3 Learn the <a href="#">4-7-8 breathing exercise</a> . Try a <a href="#">guided version</a> to help calm your mind before sleep.	☐ 4 Avoid caffeinated beverages (coffee, sodas, certain teas) at least 8 hours before bed.	☐ 5 Try journaling about three things you're grateful for right before bed.	☐ 6 Check out this <a href="#">Sleep Fitness Toolkit</a> .	☐ 7 Limit electronic use and bright lights an hour before bed.	☐ 8 Learn about guided <a href="#">Progressive Muscle Relaxation</a> and do a <a href="#">guided exercise</a> before bed.
☐ 9 Create a dark sleeping environment with blinds and/or curtains or invest in a comfortable sleep mask.	☐ 10 Avoid non-sleeping activities in bed (i.e. watching TV, eating, using devices, working, etc.)	☐ 11 Set your thermostat to a sleep friendly room temperature (ideally between 60-67 degrees F).	☐ 12 <a href="#">Register</a> and attend today's BeWell Lunch & Learn on "Sleep Basics."	☐ 13 Try a relaxing pre-sleep activity, such as reading or journaling.	☐ 14 Have a melatonin-rich meal with foods like tart cherries, almonds, and turkey.	☐ 15 Engage in physical activity for at least 30 minutes. Finish your workout no later than 2-3 hours before bed.
☐ 16 Place a few houseplants in your room to improve air quality.	☐ 17 Avoid eating a large meal within 2 hours before bed. Still hungry? Try a light snack like fruit, nuts, or yogurt.	☐ 18 Listen to relaxing sounds such as rain falling, ocean waves, white noise or simply a fan to promote better sleep.	☐ 19 Set a bedtime reminder on your phone to establish a consistent sleep schedule.	☐ 20 Create a to-do list for the next day to clear your mind prior to bed.	☐ 21 Spend 10 minutes stretching or doing gentle yoga prior to getting into bed/in the evening.	☐ 22 Focus on the air quality in your bedroom by using a humidifier or utilizing an air purifier if you have allergies
☐ 23 Avoid a daytime nap, but, if necessary, limit to 30 minutes.	☐ 24 Use a fan or sound machine to minimize external noise and distractions.	☐ 25 Take a warm bath or shower 1-2 hours before bedtime.	☐ 26 Place your phone on "Do Not Disturb" before bed.	☐ 27 Journal about the most recent dream you had.	☐ 28 DIY a personalized playlist of your favorite relaxing songs to listen to before bed.	☐ 29 Declutter your bedroom for a more peaceful sleep space.
☐ 30 Spend 15 min. outside in natural light to support your circadian rhythm.	☐ 31 Read a book or listen to calming music before bed instead of watching TV.					