

*Sleep~Well*

FALL 2015  
WELLNESS CAMPAIGN



## The Fall Working~Well Wellness Campaign is HERE!

# **SIGN UP NOW!**

**Challenge starts Monday, September 14th.**

## Tools For The Challenge

### **Sleep Tracking Sheet**

Tidbits of Knowledge

#### **Week 1:**

The Impact of Lost Sleep On  
Your Brain

#### **Week 2:**

The Domino Effect Sleep Has On  
Your Brain

#### **Week 3:**

Lack of Sleep and It's Effects  
On Behavior



### ***Why a Sleep Challenge?***

People seem to wear their lack of sleep like a badge of honor. However, a good night's sleep is critical. It is the foundation that powers your overall well-being affecting activity, nutrition, drive, productivity and more. Logging solid shut-eye boosts energy levels, impacts immune system, focus at work, and drive to get things done.

### ***What is the Sleep~Well Challenge?***

3 week challenge to sleep the recommended  
**7-9 hours per night.**

Each week of the challenge, learn how sleep supports and  
affects our **BRAIN, BODY, and BEHAVIOR.**

# **Click HERE**

Sign up for Sleep~Well today &  
sleep your way to a better tomorrow!

All participants who sign up receive a free 50" x 60" blanket and are automatically enrolled in the Working~Well fleece jacket drawing!

Deadline to register is September 14, 2015