

— THE —
**WELLBEING
CHALLENGE**



Gentrack



THIS WEEK'S

Sleep Well CHALLENGE

Each sleep cycle is 90 minutes long and you need 7-9 hours sleep a night. To get optimal quality of sleep, try not to interrupt a sleep cycle. Calculate what time you want to wake up, and work backwards to find the best time to go to sleep. Note: it takes the average person 15 minutes to fall asleep.

1 point for every night that you achieve this

DO FIVE NIGHTS

and earn an additional ...

**10
POINTS**



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