

2020

Mindfulness Challenge

navigate^o

Wellbeing Solutions

Behavior Focus:



Daily Doze

Life keeps getting busier and busier, which can make it hard to unplug and unwind for a good night's rest. Join this four-week sleep challenge and learn to ignore that last email, stop binge-watching that show and develop new habits that will lead to successful nightly snoozing.



How to Participate:

Track and record your daily hours of sleep by using the challenge to-do list on the portal's dashboard.

Helpful Tools:

Review your weekly newsletters or your challenge guide, located on the challenge page, for useful techniques that can guide you to a better night's sleep.

Duration:

4 Weeks

Level:

Beginner

Type:

Mindfulness
Balance

Weekly Focus:

1

Screens and Sleep

Don't let your smartphone keep you up at night.

2

Schedule Your Slumber

A regular routine lets your body know when to rest.

3

Stop Counting Sheep

Develop strategies to combat your personal obstacles to falling asleep.

4

Get in the Mood to Snooze

Other methods to avoid tossing and turning.