Fight the Fatigue Challenge

Behavior Descriptions

**Keep a regular schedule** – Go to sleep each night at the same time and wake up at the same time, even on the weekends.

**Diaphragmatic breathing** - Deep breathing through your nose where you abdomen rises as you inhale and lowers as you exhale.

**7-8 hours of sleep** – You may need more than 8 hours and will still get a point for that but need to be getting at least 7 hours to receive a point daily.

**No Electronics 1 hour before bed** - Turn off all lit devices including television, tablets, smartphones and video games an hour before bed.

**4-6 glasses of water** – Proper hydration has a positive impact on your ability to sleep.

**5-10 minutes of sunlight** – Getting sunlight during the day helps to lower melatonin allowing you to feel more energized during the day.