

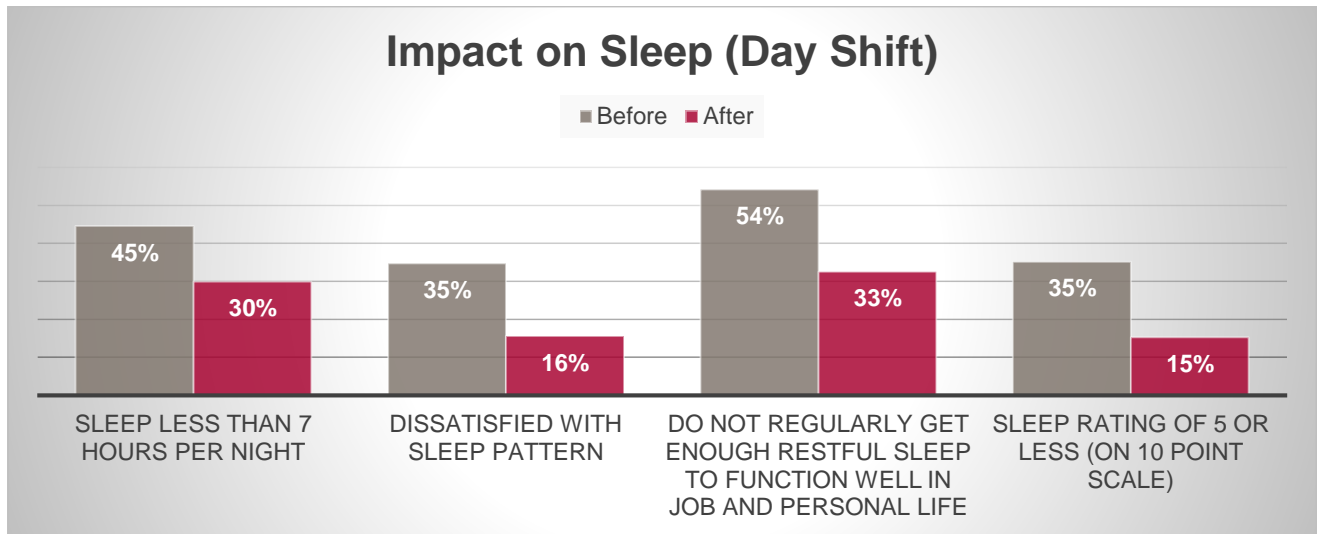
Sleep Great IU! Challenge

Summary Report

Results include only those who completed the 4-week challenge and evaluation questions.

Day Shift Challenge

492 participants completed the challenge, including 53 spouses



Night Shift Challenge

20 participants completed the challenge, including one spouse

