



Sleep Great IU!

A 4-week online sleep challenge

2019 Summary Report

About the Challenge

Getting enough sleep can improve just about every aspect of your life! Besides giving you that wonderful, well-rested feeling, sleep is important for learning, problem solving, managing stress, and regulating mood. It also promotes a healthy immune system and helps prevent chronic conditions like obesity, heart disease, diabetes, and cancer.

But did you know? More than a third of Americans aren't getting enough sleep.

During the challenge, participants practiced simple habits in an effort to sleep well and feel more energized throughout the day.

Each week introduced a new topic:

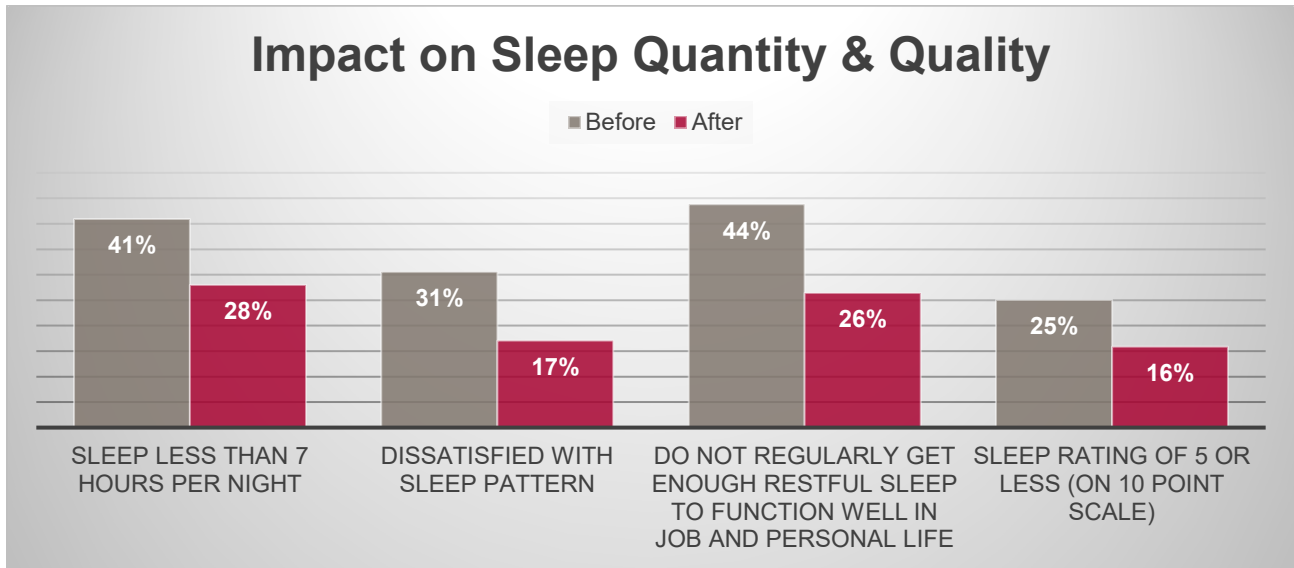
- **Week 1:** Bedroom Environment & Sleep Duration/Consistency
- **Week 2:** Avoiding Artificial Light at Night
- **Week 3:** Spending Time Outside
- **Week 4:** Caffeine & Alcohol Intake

Results

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

366 participants completed the challenge, including 25 spouses.

Outcomes



Evaluation

83% of participants would recommend the challenge to others.

