## Sleep Great IU! Challenge

**Bedside Log**

**Directions:** Select your goal(s) for Week 1 below. Then checkmark the box for each date that you complete your goal(s). Each week, a new topic and goal(s) will be added — complete the new goal(s) in addition to the habits you’ve already started!

### Week 1

**My sleep duration/consistency goal(s):**
- [ ] Go to bed within 60 minutes of my usual bedtime.
- [ ] Get at least 7 hours of sleep.

**My bedroom environment goal(s):**
- [ ] Keep my bedroom dark, quiet, and comfortable.
- [ ] Use my bedroom for only sleep and sex.

### Week 2

**My artificial light at night goal(s):**
- [ ] Avoid using screened electronic devices for at least 60 minutes before sleep.
- [ ] Wear blue light blocking glasses for at least 60 minutes before going to sleep.

### Week 3

**My time outside goal(s):**
- [ ] Spend at least 15 minutes outside in the morning daylight.
- [ ] Spend at least 30 minutes outside throughout the day.

### Week 4

**My caffeine/alcohol goal(s):**
- [ ] Avoid consuming caffeine within 6 hours of going to sleep.
- [ ] Avoid consuming alcohol within 3 hours of going to sleep.

***When you’ve completed the challenge, tell us about your experience to receive a Healthy IU incentive!***

Visit go.iu.edu/summer-challenge for details.