

Sleep Great IU! Challenge

Bedside Log



LIVE YOUR BEST YOU.

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							Week 2							Week 3							Week 4						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Week 1																												
My bedroom environment goal(s): <input type="checkbox"/> Go to bed within 60 minutes of my usual bedtime. <input type="checkbox"/> Get at least 7 hours of sleep.																												
My sleep duration/consistency goal(s): <input type="checkbox"/> Keep my bedroom dark, quiet, and comfortable. <input type="checkbox"/> Use my bedroom for only sleep and sex.																												
Week 2																												
My artificial light at night goal(s): <input type="checkbox"/> Avoid using screened electronic devices for at least 60 minutes before sleep. <input type="checkbox"/> Wear blue light blocking glasses for at least 60 minutes before going to sleep.																												
Week 3																												
My time outside goal(s): <input type="checkbox"/> Spend at least 15 minutes outside in the morning daylight. <input type="checkbox"/> Spend at least 30 minutes outside throughout the day.																												
Week 4																												
My caffeine/alcohol goal(s): <input type="checkbox"/> Avoid consuming caffeine within 6 hours of going to sleep. <input type="checkbox"/> 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.**