



Good Morning all,

Our office will be participating in the Well-U *Lights Out* Challenge from _____!

Quality sleep

Having a consistent, healthy sleep routine can allow you to feel better, move better, and have you wake up on the “right” side of the bed. The benefits of getting to bed at the same time include increased energy, boosts in your immune system, increased memory and concentration, and feeling better.

Here is how it works:

- Reply to this email with “I’m ready!”
- On the start date, download or [print this sleep tracker](#).
- Fill in each date with the time you hit the hay
- Once the challenge period is over, you’ll send your checklist to _____. It’s that simple!
- Prizes will be awarded to the top three individuals on _____ and will include a variety of exciting and fun surprises! Note: In the event of a tie, a raffle made up of the top individuals will determine the winner.

Having trouble settling at night?

[Email Well-U](#) for a body scan meditation audio file to listen to.

Join

To participate in our department’s Well-U *Lights Out* Challenge, respond to this email by _____, and then start completing the tracker sheet on the morning of _____! All University of Rochester employees can participate.

Don’t Miss It

You can still participate! Just be sure to track each date in the checklist with time of going to sleep and submit your sheet to _____ on the _____.

Reply to this email to let me know if you are interested in participating!