July Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

Did you make any changes to your sleep habits as a result of taking this challenge?

- [ ] Yes
- [ ] No

What were they and how do you feel as a result?

________________________________________

Why not?

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Were you able to change any of the factors that influenced your sleep?

- [ ] Yes
- [ ] No

How many of these suggestions for getting a good (night’s) sleep did you follow?

- [ ] Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- [ ] Set a bedtime that is early enough for you to get at least seven hours of sleep.
- [ ] Don’t go to bed unless you are sleepy.
- [ ] If you don’t fall asleep after 20 minutes, get out of bed.
- [ ] Establish relaxing bedtime rituals.
- [ ] Use your bed only for sleep and sex.
- [ ] Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- [ ] Limit exposure to light in the evenings.
- [ ] Don’t eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- [ ] Exercise regularly and maintain a healthy diet.
- [ ] Avoid consuming caffeine in the late afternoon or evening.
- [ ] Avoid consuming alcohol before bedtime.
- [ ] Reduce your fluid intake before bedtime.
- [ ] Other

Please add any other methods you use.

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