

Step Up Forsyth !

Week 2 Challenge

September 25-October 1



Name _____ Phone _____

Email _____

Get at least 7 hours of sleep a night !

Sleep is extremely important to our health. Combined with a healthy diet and ample physical activity, good quality sleep helps the body fend off viruses and infection by boosting the immune system. Too little sleep can cause memory loss, depression, and increased perception of pain.

Tips for Better Sleep

- Go to bed and get up at about the same time every day, even on the weekend.
- Don't eat or drink large amounts before bedtime.
- Avoid nicotine, caffeine, or alcohol in the evening.
- Exercise regularly.
- Keep your bedroom quiet, dark, and comfortable.
- Keep pets off the bed.
- Have a relaxing bedtime routine.
- Go to bed when tired and turn out the lights.

Using the chart below, record how many hours of sleep you get each day this week (Hours of sleep=bedtime to getting up time).

Sunday 9/25	Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29	Friday 9/30	Saturday 10/1
Total						

To be eligible for the weekly prize, return this form by Monday 10/10 using 1 of 5 ways:

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to stepupforsyth@forsyth.cc
- Fax to the Department of Public Health at 336-727-8034
- Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686
- Go to www.forsyth.cc/PublicHealth/stepup_forsyth.aspx and click "challenge" to complete this form online