Sound Sleep Challenge

Focus Area: Well-being

Objective: To practice healthy sleep habits for an optimal night's rest.

Length of Challenge: Two weeks (can be shortened or extended)

Materials Needed:

- ☐ Sign-Up Sheet/Form (highly recommended)
- ☐ [Sound Sleep Checklist](#)
- ☐ Prizes (optional)

Directions:

1. Use the Sound Sleep Checklist every day to increase your chances of getting a good night's (or day's) rest!
2. Simply ✓ each healthy sleep habit you practiced.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.