

30-Day Sleep Challenge



With all the many demands of life, it can be hard to get the sleep you need. That's why we're here to help! Our team of experts have put together 30 tips to help you get better sleep for 30 days.

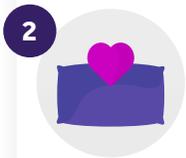
When you're ready to start your challenge, your mission is simple: **Aim to get 7-9 hours of sleep per night**, as many nights as you can, for 30 nights in a row. Don't worry, it doesn't have to be perfect. Just give it your best shot.

Ready to show yourself some love and get a good night's rest? Let's reset that body clock and get started!

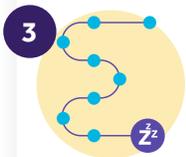
 Check off all the days when you got 7-9 hours of sleep. Click the squares on the left side of each day, or print this out and fill them in by hand.



1 A healthy sleep habit can help your mental health, your hormone levels, and even your memory. Check out [this list](#) of all the reasons it's so helpful to get quality sleep!



2 Make a date with your pillow. Try setting a **peaceful "go to bed" alarm** on your phone to remind yourself it's bedtime.



3 Is your day-to-day routine helping or hurting your sleep? We recommend this [activity timeline](#) to promote better sleep.



4 Tucker yourself out with **physical activity**. Go for a long afternoon walk or a jog, or try jumping jacks at home.



5 If you're having trouble drifting off, it might be your bedroom's fault. Here's our free [guide to redesigning your bedroom](#) for better sleep.



6 Caffeine got you buzzed? Try swapping your usual morning coffee with **green tea**. It'll still perk you up but with far less caffeine.

30-Day Sleep Challenge



7

Get the pro tips for a restful night. Here's one of our most popular articles, all about how to **fall asleep faster and stay asleep longer**.



8

Restless thoughts can make it hard to doze off. Make a **"parking lot" for your thoughts**. Keep a notepad by your bedside and write down the things that come to mind. They'll be there for you in the morning!



9

If you're not eating right, you're probably not sleeping right. Here are **a few healthy dinner recipes** that will satisfy your hunger—without keeping you up at night.



10

Our bodies are meant to interact with nature. Promote sleep by taking a daytime **stroll in the outdoors**. This can balance your thoughts and put things in perspective.



11

Treat your mind and your body to a **soothing sleep meditation**. This calming audio journey is your ticket to dreamland.



12

Enjoy a nice **pre-bedtime bath**. Add candles, bubbles, some gentle music, or just some Epsom salts, which may promote muscle relaxation.



13

It's hard to fall asleep if your mind is racing. Get your thoughts out with these quick **bedtime journaling prompts**.



14

Follow your nose. Scents like lavender, jasmine, rose, and Roman chamomile may all help prime the body for healthier sleep.



15

This easy **bedtime stretching routine** could be just what you need to prepare your body for a deep slumber.

30-Day Sleep Challenge



16



You've made it halfway through your challenge! How many nights have you been able to get a full night's sleep so far? **Keep going!**

17



On this 17th day of the challenge, here are **17 daily habits that support quality** sleep. Check them out and see which one or two you'd like to try today.

18



Looking for some guidance? Look up some tranquil **ASMR videos** online. Many people find the calm, whispered voices of ASMR to be a steady comfort.

19



There's a reason we give children a warm cup of milk for bedtime. It works! Try one of these **two warm beverage recipes** before bed.

20



The ancient Chinese design philosophy of feng shui recommends **keeping all doors, cabinets, and drawers closed** while you sleep. Doing this can promote a sense of safety and peace.

21



Sometimes a little shake-up is all you need to get some Z's. Here's a list of **simple sleep-promoting swaps** you can make in your food and in your routine.

22



You're more likely to sleep better if you go to bed and wake up at the same time each day. Yes, even on your days off. Try **sticking to a schedule** as much as you can.

23



It's all in the timing. **Make time for sleep** so you can prioritize your health!

24



Still can't fall asleep? Don't toss and turn. **Get out of bed** so you don't associate your bedroom with sleeplessness. Get up and **do something quiet**, like reading or knitting, until you get sleepy.

30-Day Sleep Challenge



25



Waking up isn't always fun. Luckily we have **five tips for a better morning**, so you can rise and shine with the best of 'em!

26



Is your partner keeping you awake with snoring or movement? **Have an honest conversation** about what you need for a decent night's rest.

27



"The older you get, the less sleep you need." Wrong! Debunk this sleep myth and a few others with our evidence-based **list of sleep myths**.

28



Still having trouble falling or staying asleep? **Talk to your doctor** about what you've tried, and what they recommend. Conditions like sleep apnea or insomnia affect

29



Relax your body from the inside out with this soothing **progressive muscle relaxation** activity.

30



Today's the last day of the challenge! Go to bed with a quiet mind, a relaxed body, and a calm spirit. **Finish strong and sleepy!**

Visit [Teladoc.com](https://www.teladoc.com)

Call **1-800-TELADOC (835-2362)** | Download the App

