

30-DAY SLEEP CHALLENGE

Adults should get 7 to 8 hours of sleep per night.

1 Sleep: Awake: Mood:	2 Sleep: Awake: Mood:	3 Sleep: Awake: Mood:	4 Sleep: Awake: Mood:	5 Sleep: Awake: Mood:
6 Sleep: Awake: Mood:	7 Sleep: Awake: Mood:	8 Sleep: Awake: Mood:	9 Sleep: Awake: Mood:	10 Sleep: Awake: Mood:
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26 Sleep: Awake: Mood:	27 Sleep: Awake: Mood:	28 Sleep: Awake: Mood:	29 Sleep: Awake: Mood:	30 Sleep: Awake: Mood:

*During slumber, the body releases growth hormones to help repair cells and tissue.

*Lack of sleep reduces the production of antibodies that help fight illnesses.

*You can be more productive if you get a good night's sleep.

*Sleep deprivation can make you miserable and grumpy.

