

**TEST YOUR REST  
FEBRUARY 2010  
PROGRAM EVALUATION**

**TOTAL PARTICIPANTS:** 7,248  
**ONLINE REPORTING:** 6,922, 6,653 compliant  
**ONLINE SURVEYS COMPLETED:** 3,579

**SURVEY RESPONSES**

**Did you enjoy 7-9 hours of sleep during at least  
22 nights in February?**

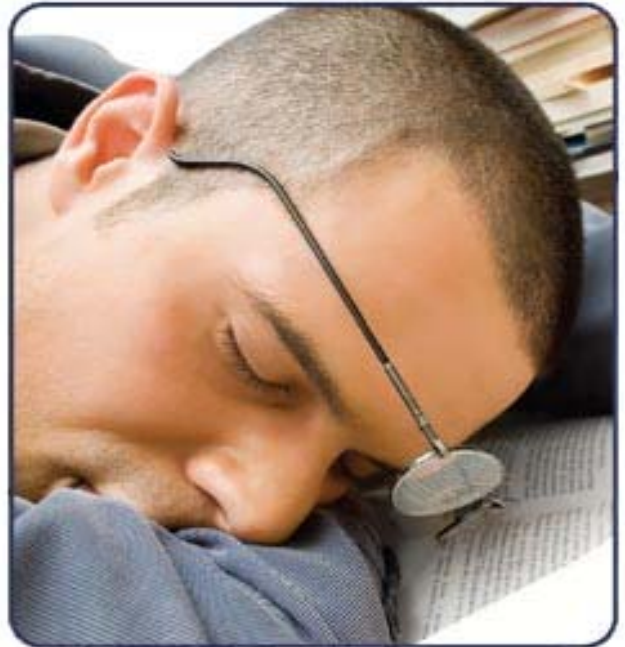
98% YES      2% NO

**Have you become more responsible for your  
overall health habits and lifestyle during the  
past month as a result of your participation in  
Test Your Rest?**

84% YES      16% NO

**Will you participate in the next program – Be Ready?**

96% YES      4% NO



**STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent**

Relaxation CD	3.40
Emails	3.65
Recipes	3.49
Website & Tracking	3.94
Prizes – Gift Cards	3.72
Overall Program	3.93

**PERSONAL BEHAVIOR BEFORE PROGRAM**

7-9 hours of sleep each night	3.33
Time Management	3.29
Productivity work/home	3.35
Overall well-being	3.49

**PERSONAL BEHAVIOR DURING AND AFTER PROGRAM**

7-9 hours of sleep each night	3.88	17% increase
Time Management	3.62	10% increase
Productivity work/home	3.69	6% increase
Overall well-being	3.74	7% increase

## COMMENTS FROM PARTICIPANTS

I love this program and think every insurance company should have a similar program. Thank you!

Your programs have re-enforced my long-standing habits, much to my pleasure. It's nice to know when one is doing things right!

I love a challenge where you get to sleep through the whole thing!

As before, this is helping me develop patterns/habits without feeling overwhelmed, guilty; but, rather proud that I'm doing whatever in a consistent manner. Thanks.

Because of the continual programs offered, I think more about my health. I gave up smokeless tobacco in November and I work out 3 times/week.

Sure glad you all do this in February and not in the middle of hunting season.

I think the program was great regardless of my ratings. I only gave the programs low-ish ratings because I usually get 10 hrs sleep/night so this program wasn't all that necessary for me. HOWEVER, I was walking in to work one day behind 2 employees and they were talking about the program and they were taking it very seriously, and really going to try to get more sleep during the month. I think that this program in general is being taken seriously by a large group of people. I hope you keep it up!

I was not going to participate in this part of the program. However, I had been feeling tired and worn down for several months. I decided to make register for the program and I can't deny it has improved my productivity at work and home. My stress level really seems to have decreased. Thank you.

This is an excellent program -- not just Test your Rest -- but the entire program is positive and motivational.

Thanks for continuing this program.

Great program and kudos to those that design all of the programs.

These programs make you think and act to adopt the changes.

I really enjoy the health improvement challenges. For some reason that really spurs me on! I felt terrific after just a few days of getting 7 hours of sleep each night. Thank you for another good program!

Eating healthy, exercise and plenty of rest have helped my overall well being. I have participated in every program and they all have helped me overall. Normally I would not have had a yearly physical and now I have for two years, my health has improved.

I have really enjoyed these tests. I am more aware of my health and not letting things slide! I am currently working with my Dr on some health issues. I found out during blood labs that I am type 2 diabetic. I wouldn't have known if I hadn't gone in for my wellness check! Now I am working at getting some weight off and being healthier!! Thanks for this opportunity to be a healthier person!

This month's wellness exercise is the most beneficial to me because I have recently been diagnosed with fibromyalgia. Good deep sleep for 7 to 9 hours a night is one of the best things a person with FM can do for optimal well being and treatment for the pain and stress caused by FM. Doing this month's exercise of Test Your Rest was very good for me because even though I already know that I need this deep long sleep, the program gave me an opportunity to truly examine my sleep patterns and how I feel each day as a result. This has been very good for me! Thanks!

Anyone will tell you I've been sleep deprived for years and always live off 5 or less hours per night. This was a huge challenge for me, but I gave it everything and after two weeks noticed a huge difference in how I felt overall. The quality of my sleep, previously very poor, dramatically improved. I know my doctor was very impressed. I believe it was the commitment I made to the program that created a habit for me. Great Idea!!

I already manage my health well but appreciate having the same discount as those who do not and need help.

This program was another in a series of excellent wellness programs. I commend the State of Wyoming for making these programs available for state employees!

Thank you for the opportunity to participate in these programs. It has made an overall difference in my health and my family's health as well. The habits I am forming in each individual program still hold over and carry through in my day to day living. I am eagerly looking forward to the next session. Thanks again! Keep up the good work!

I never was a 7-9 hour sleeper, so I thought that I would get practice by starting the first week of January, I thought it would be a difficult change, but I was actually feel so much better, no more yawning during the day, more energy, overall felt great, February was easy when it finally came around. Decided to stick to this forever. What a terrific program. Thank you All programs so far have been terrific, will do all just because they sound great!!!

This whole program is really good. It provides good information and helps establish good habits painlessly.

It made me take a look at my rest time. Your programs are helping me to get back on track.

This program made me more aware of how important getting enough sleep is to my overall well being.

Information that comes with report chart interesting.

This was a good way to actually track my sleeping habits, the tape helped in the relaxation of going to sleep sooner. Thank you!

Sleep hygiene tips were very good and information about benefits.

I was not sleeping very well prior to this, it was hard but I just made myself go to bed earlier, no TV or nothing and sleep was way better

Sometimes I just need a reminder to do the healthy thing this program didn't tell me anything really new but did provide a good winter time reminder.

It helped me to be more careful of getting more sleep.

This one was easy for me because I normally do get at least 7 hours of sleep. I absolutely do believe in getting enough rest.

These programs are good due to keeping a focus on ourselves. I look forward in doing this.

Made one more aware of the exact sleep hours/pattern. Television coverage of the winter Olympics during February created a little havoc with sleep hours. But it forces attention to priorities. Thank you.

I've always been a firm advocate of plenty of rest. Go to bed early & get up early sleep 6 to 8, or 9 hours. Eat a healthy diet, exercise regularly.

The e-mails reminded me to plan ahead on how I was going to get my 8 hours of sleep that night.

I liked the program because I had to commit to getting more sleep. It was a motivator to give much more effort to getting more sleep. I am sure I will be continuing the priority to get in bed at an hour that will allow at minimum, 7 hours of rest.

I value my sleep and being in the program helped me to remember that I needed to go to bed at a decent hour and get the sleep I need to perform each task for the upcoming day.

I have never been able to rest very long. This forced me to concentrate more on getting more sleep. Thanks!

Although sleep was interrupted due to a new baby in the household, adding a little extra sleep earlier in the evening helped maintain sleep schedule.

It really made me pay attention to the time I was getting to bed. Sleep does not come easily to me but, with a concerted effort to try to get to bed "on time" and get relaxed it helped and I am still sleeping better.

It is sometimes nice to participate in a program in which you already follow...it makes for positive reinforcement!

I did not realize how little rest I was getting...man, do I feel better!

Makes me more conscious of my sleep history in relation to how I feel.

The program continues to help motivate me toward ways to better my health.

Reporting my sleep everyday helped remind me to get to bed early enough to get a full night's sleep.

7 hours sleep is about my max no matter what. I learn some new things about preparation for bed time. That is good.

It's easy when I'm retired.

A great program. The relaxation CD was especially helpful and the recipes good.

Getting enough rest is very important.

ENJOYED THE PROGRAM!

I usually go to bed and fall asleep immediately at 9:15 each night and wake up at 4:30 - 4:45 AM.

Helped to make very good changes in my lifestyle and to make me aware of my well-being.

This program made me try harder to get the sleep I need, and it worked! I feel so much better!

Well the CD was awesome! Let's have a contest to see who can stay awake the longest once the music starts. Maybe there should be a warning on the CD to not drive while listening to the music... :)

Getting more sleep helped me cope better with work stress.

Thanks for focusing on sleep and how much it helps the body and mind in so many ways.

This one was easy for me. I learned a long time ago to get between 7-9 hours of sleep. I do feel my best when I do.

I appreciated that getting enough sleep was emphasized through this effort.

Sorry, but I was already getting 7-9 hours of sleep a night before the program. BUT I tried to get up and go to bed at the same time as you suggested.

After going years on 5 or 6 hours of sleep at the most, getting at least 7 hours of sleep has been wonderful. Now if I don't get 7 hours of sleep I can really tell the difference. I am now greedy for that much each night.

I've been paying attention to sleep for a long time, so I think this aspect of the wellness program is an important one to reinforce.

Great soup recipes!

One comment said that naps in the chair does not count toward the 7-9 hrs per night. I now do more things around the house and go to bed earlier.

The program brings awareness to my sleeping which probably resulted in 2 hours per day more sleep during the month.

I never realized how often I wasn't getting at least 7 hrs of sleep each night. I'm more aware of it now and will continue to monitor my sleep hrs. Thank you!

I liked the CD and I sleep around 8-9 hours a night.

This program helped me focus more on my needs and watch what I was doing.

Tracking made me stop and be aware whether I was really getting the sleep I need. The info about what we need for sleep and why was helpful too.

This was, by far, the program that took the greatest amount of discipline on my part. Prior to this, I had been staying up longer than necessary "to do just one more thing."

Set time to go to bed and didn't watch TV just to stay up.

The test your rest was easy for me because I have always felt a good night sleep was important. I know that those who participated felt better. Good program.

Made me aware that I need to "quit" earlier in order to get enough sleep.

I never thought about the hours I was sleeping and now when I don't sleep the 7-9 hours, I feel it. I then make sure I sleep well the next night. I think when you start having children,

you lose this focus and how sleep affects your daily activities. I am calmer and much happier at work and home. Thanks for this program and I love the emails and recipes. Thanks!

Once again these programs are so beneficial for making us more alert, aware & knowledgeable of really taking care of ourselves.

This was a great daily reminder of how important sleep really is. Also, the recipes were a wonderful perk.

Thank you for implementing such an important program into our lives - too many of us sacrifice sleep time for work and that is not healthy.

I think working out 3-4 times per week is has resulted in most of my improved sleeping.

I have to get at least 7 hours of sleep a night to function well at work. I sleep longer on week-ends to rejuvenate my mind & body. Loved the soup recipes and hints on benefits of sleep.

I always make sure I have 8 hours of sleep so this was an easy one for me. I enjoyed the tidbits of information and the recipes.

I very rarely have trouble sleeping, and 7 hours seems a natural fit (it is difficult to sleep more hours unless I'm not feeling well). So, the program was very easy for me.

This has made me more aware of watching how late I go to sleep. Great program!

The CD was a pleasant addition to the CD's I usually listen to before going to sleep at night.

Thank you!

Liked the quotes that went along with this month's program. Loved all the soup recipes!

I think the overall program is a great success. It has changed many of my habits for the better.

This is a great wellness program. Sleep is much more important than we believe.

I insisted my husband go in for a sleep study. He was diagnosed with moderate to severe sleep apnea and is now sleeping much better with the assistance of a CPAP machine.

I have always needed a lot of sleep and this program helped to enforce that! Thank you!

I realized that I was already (prior to this program) getting the 7-9 hours. However, I'm still finding it hard to feel "rested." This program has helped me realize it's time to talk to a Dr.

I had a HORRIFIC February with a lot of tossing and turning; but I was able to get up to 7 hours in broken sleep.

I already was in the habit of sleeping 7-9 hours/night, so this program didn't really change my behavior. It was still worthwhile though, because it made me consciously realize that I already have established a good habit.

Great program!

The soup recipes were fabulous. I used many of them!!! It was fun to have the ideas, print them and make them for the week!!

I've never had a problem sleeping but this helped me to keep track of time sleeping.

The CD definitely helped me relax more so I could get to sleep faster.

If I did not get better sleep during the month of Feb. this course made me think about it more. I was aware of when and where I did not get enough sleep.

Sometimes more sleep is not quality sleep. Plus I have been noticing that I think I'm getting enough sleep but find that I may even think the sleep is quality, but I'm tired when I get up in the morning. Thanks!

Love the CD, great to relax to or unwind. I rarely have difficulty sleeping so this one was easy for me.

I have 2 sleep-inducing tapes now to help me fall asleep; thanks! LOVE the email reminders!

I will now monitor not the # of hours in bed but the actual sleep. I'm certain I get more than 7 but what to confirm.

I always sleep well so this one was much easier to do.

The funny thing was I'd just decided that I had to change my sleep habits at night and then this program was for the month of February. It was a perfect reinforcement for what I wanted to do!

This was my favorite program so far. I'm really working on my sleeping. I feel so much better when I'm well rested.

I don't think I really did anything different...but I do appreciate the sleep (of course).

Great program. Thanks!

Great program - helped increase my awareness of how much sleep I was really getting every night, and helped encourage me to really get that 8 hours I always aim for.

7--9 hours is often reachable for me, but my job often has night-time call outs, so this can have an effect on the number of nights I can get adequate hours.

I did better on getting sleep, and hope to continue progress

Forcing myself to get more sleep was the best thing I could have done. I really felt the difference in my ability to cope with challenges during the day.

The relaxation CD is excellent! I have persistent ringing in my ears which I mask with music at night to help reduce how much time it takes me to get to sleep. Of all of the music I have for this purpose, the one you sent is my new favorite. I'll be on the hunt for more CDs like this.

I was worried about this program as I am having a lot of sleep issues. I must admit, my sleep pattern has improved!

I've always been pretty good about getting enough sleep. This program helped trigger a higher level of consciousness. I found myself getting back into reading for 30-60 minutes every night which I've missed the last 20 years!!

This made me aware of my sleep habits. I modified the old pattern.

I have never had a problem sleeping or getting enough rest. I did find that the information offered during this program was very informative and helpful. I look forward to each new challenge. Thank you!!

The list of sleep information was very useful and I agree if you have some of these problems you should discuss with your Doctor.

Test Your Rest is one of the best exercise I had participated so far. I had a great time doing this exercise because it benefits me in so many ways. I feel invigorated and refreshed!!

I have always tried to get a least 8 hours!

Enjoyed the quotes.

I didn't try any of the recipes but one of my friends did. She said they were great!

I loved getting those extra hours of sleep each night. I felt more alive and productive at work. Thank you!

This was a great idea to help me see the benefit of improving my sleep pattern. I was "used" to about 5 hours of sleep at night and it was difficult to schedule earlier bedtimes. Now, after the program I am much more conscious of getting more sleep, and I find myself planning for it.

The program caused me to recognize the need to purchase a new mattress to ensure better quality sleep. I hadn't really realized just how little good quality sleep I was really getting each night.

Found the less I ate at night - the better I slept.

An extra benefit of the relaxation CD was that it helped my wife get through a painful episode of shingles.

I made sure I got 7 hours of sleep most every night and what a difference it made. Thank you for offering this program.

It really helped for my husband to realize that other people don't need only six hours of sleep, like he does.

It made me more aware of getting to bed on time and not setting alarm for less than 7 hours.

I was already a good sleeper so it was easy to complete this one. I did love the soup recipes and plan to make big batches and freeze them. As I recently heard this is better as much lower in sodium.

I have two small children at home, so getting 7-9 hours of sleep for 22 days was a challenge. However, I see now how much more productive I am and how much more energy I have when I get rest. Thank you for this experience-- loved it!

This one was hard for me, but I did it!

This month I fought the urge to watch TV late at night and, instead, grabbed a good book and went to bed an hour earlier than usual. TV is more of a stimulant than we realize.

The reminders help make lifestyle choices.

Mindfulness is everything. If that is what you are trying to instill, then you have achieved it.

Awareness is good when it comes to one's health behaviors.

Loved the CD!

This is a beneficial program -- thank you!

I thoroughly enjoy the relaxation CD. Of the whole Test Your Rest challenge the CD was the best.

Made me be aware of hours sleeping. I usually don't count.

Really enjoyed this simple exercise! I've always know I've been negligent in getting enough rest, but was pleasantly surprised to see how much better I felt - and how much more productive I am when rested! Thanks for the excellent program!

Except for a sick father and his funeral, the planned sleep process was very good.

Great program keep up the good work!

I was in the hospital recovering from back surgery for 18 days in February so getting at least 7 hours sleep was challenging.

I loved the quotes.

Great program! The CD is a good one.

Several of the emails proved to be good even working shift work. The relaxation CD, turning the clock so you cannot see it, and 30 minute nap proved great suggestions.

I really enjoyed the CD. Before I would lie in bed and watch TV, now I listen to the CD by candlelight and drift off to sleep effortlessly. Thanks!

These programs are great reminders.

Thank you for giving us the relaxation CD...It really is nice to have that, because most of my other bedtime music has associations with it which can (but really doesn't) keep me awake.

I sleep well as always.

Great program. Keep up the good work!

The relaxation CD is wonderful. I play it while I'm exercising, showering and resting. It has a positive effect on my overall mood.

This helped me become aware of certain days during the week that were problems for me getting rest so I will be able to check these two particular days and plan accordingly to get rest by completing things earlier or doing prep before meeting days. I liked this a lot and the CD was really helpful at the beginning.

I'm very glad that you have these various programs for me to participate in. They have lots of positive guidelines, etc. to follow. I love the CD which is new age music which is my favorite anyways. Thank you very much.

I had to make a few changes to commit to the higher end of the suggested sleep scale, and I think it really helped in my overall well-being!

Keep up the good work!

The program made me think more about NOT staying up so late, where I would not get the recommended hours of sleep.

I really liked the quotes and tips and tricks about sleeping habits and behaviors.

I didn't try the menu ideas, but they all sound great. I plan to access the web site in the future to try the suggestions.

This program made me aware of just how much sleep I was missing. Good eye opener.

I was much more mindful of habits that help facilitate a better night's sleep.

Due to circumstances (work and personnel) sleep was catch it as I can.

I found my problem is I had/have at a lot of times, too much to attend to and not enough time. I am still working on time management for myself to get the right amount of sleep. I think I need more than 28 days to get this resolved though. But it did open my eyes to the little amount of rest I have been getting.

Keep doing what you are doing, I like the variety and ease of participating. Thanks!

Improved awareness and motivation to get to bed on time and to relax at least an hour before bedtime.

Getting at least 7 hours of rest per night was difficult for me. The only way I achieved success was because of this program, so I appreciated it very much. Thank you.

Again, I thought this was a very good program and am looking forward to the next.

I really enjoy the CD. I not only listen to it before I fall asleep, but I have my alarm set to play it when I wake up as well. Thank you!

This is a real and serious issue, I am glad that this has been one of the activities for this year.

I researched sleep sites to see how I could change my sleeplessness. I tried some things and found what worked for me. THANKS!

I read the suggestion to turn the alarm clock around which I didn't do, but I did not let myself look at the clock if I woke up before the alarm. I was definitely able to fall back to sleep better not knowing what time it was. There was no "only 3 hours left" "go to sleep, go to sleep" until it was time to get up for work. Good tip!

I had good habits before, so nothing really has changed for me

This program made me really evaluate how much sleep I was getting and made me realize I need to make an effort to get more on a regular basis. I tend to skimp on sleep when I get busy, but that really doesn't help.

Loved the soup recipes!

I really liked the CD and the recipes!

The several soups we have made were all very good.

This was good

Test your Rest was an excellent program. I have slept much better and have even slept thru the night and had my 9 hours of sleep.

Test your Rest was an excellent program. I have slept much better and have even slept thru the night and had my 9 hours of sleep.

I work full-time and also attend Graduate school part-time. The reminder of sleep hours helped me get back on track and I have more energy through the day.

I think overall, participating in these health programs has made me more responsible and aware of my health habits.

This enforced what I have always said and tried to do.

I always thought I got at least 8 hours of sleep. Was I surprised! And then, trying to take in the Olympics as well, was really hard. I am going to try to keep up this improvement.

I have now committed my husband into tracking our sleep for this month to see if we can get a healthier life-style. THANK YOU!!! :)

This has truly helped me to sleep better ~ I concentrated in a different way, and have been sleeping MUCH better ~ thank you!

I usually get at least 7 hours of sleep, but this program still made me more conscious of my bedtime. It's the "waking up" part I need to work on now!

Sometimes it was challenging to get to bed early enough, but it also served as a good excuse to get to bed earlier and I think that reduced some stress and guilt about things I should be doing.

This is an important and positive item for health; however, I never have any problem getting enough sleep, I always go to bed about 9:30 and wake up about 5:00 with no alarm clock.

Helped to establish a routine for better rest.

Sleep is important, so complying with this program was easy :-)

Even though I think I had good sleep habits I enjoyed the program as I had to monitor my sleeping habits.

It encouraged me to sleep a little longer.

I didn't change much as far as time of sleeping was concerned. I usually sleep about 7/8 hours per night. It made me more aware of how long I usually sleep. Good program!

Really brought to my attention how important it is to develop and keep a regular habit of getting good sleep. I felt a ton better getting enough sleep.

I liked the daily e-mails and their "...helpful hints, tips, and great soup receipts. I liked the length of the e-mails which were short but very informative. I still working on finishing the CD.

IT HELPED ME TO REALIZE I WAS GETTING THE REST I NEEDED MOST OF THE TIME. THESE PROGRAMS DEFINITELY BOOST YOUR AWARENESS OF YOUR OWN HEALTH, WHICH I APPRECIATE.

Made me more aware of my sleep patterns.

Thank you for a great program!

It's hard to judge the above questions - but I can say this - the program really made me think about how much sleep I was getting and I realized that I'd lost my good habit of going to bed early.

Made me think about making sure I got 7 - 9 hours of sleep each night, especially during the work week.

Thank you for offering us such wonderful programs.

Worthwhile program--relatively simple adjustments provided significant results.

I do not sleep well and the e-mail suggestions were very helpful.

Love your programs.

I've always been very protective of my sleep, but I think this was a great program, others don't really seem to realize how lack of sleep can affect them.

BY MAKING IT A PRIORITY IT ENABLED GOOD SLEEP TO BECOME MORE OF A HABIT, INSTEAD OF JUST SOME OF THE TIME. THANKS, RENITA.

Keep up the good programs!

The recipes and other health tips provided each day are useful and appreciated.

This was easy as I have followed the steady sleep principle for some time; got to bed near the same time each night and get up the same time each morning. This just reaffirmed my commitment to this process. Thanks.

It was GREAT!

Feel great!

The CD is wonderful, really helps. I use it every night.

Changing sleep habits that have been in place for 20 or more years is very difficult. You made me realize that I had to in order to maintain good health. Thanks for the valuable info I received during this program.

Getting 7-9 hours of sleep is normal for me. This was an easy month.

Thanks!

This was an easy one for me since I've always prioritized getting 7-8 hrs of sleep most nights. On the down side I can't say anything "improved" since it was status quo for me.

The daily sayings were great motivator. The CD a valuable tool, which I'll continue to use.

Knowing I had to get the required sleep meant I had to manage my time better.

I slept better, worked better and ate better. Helped on my overall focus.

I liked this one can't wait for the one in August with the food guide.

Thank you!

Love the CD. I don't think I have heard the whole thing. Calmed me and allowed me to get the REST I needed.

EXCELLENT...JUST LIKE ALWAYS!

Keep it going.

Paying attention to my sleep did a world of good. Hadn't ever thought of it before.

I love getting my sleep and it felt good to make it a priority

I had already been getting 7 -9 hours of sleep but I think my co-workers understood the benefits of getting more sleep after having gone through your program.

I always sleep 7 to 9 hours so this was an easy one for me.

I believe this program helped me to be more aware of time management with proper eating exercising, and sleeping.

I already knew that I needed more sleep than most people my age, so this program was not a stretch for me.

I already knew that I needed more sleep than most people my age, so this program was not a stretch for me.

I really enjoyed this program!

Answered no on overall health habits because I had good sleeping habits prior to program, so nothing really changed. But emails provide good consideration.

This is a program I already felt pretty solid about. Others such as the walking and drinking water have had a more obvious impact on my life.

Being accountable made me more aware of setting certain timelines to get to bed and stay there!

I really liked the CD, it was a great help!

My favorite program thus far. I struggle with getting enough sleep so this program made me take a conscious look at what I could do to get into a better sleep mode. Thanks for all the great information received during this month. The CD is terrific!

Although not detectable on this scale, I do believe that making myself go to bed had a positive effect on productivity and well-being (now close to excellent).

Loved the soup recipes and quotes. Wish you would have had more tips on sleeping though.

It makes a huge difference to force myself to go to sleep each night by 11. I really liked the sleep tips sent on email. Very helpful.

This has helped me to monitor myself in a more positive manner. I hope to continue to remember to take care of myself not only at home but all day.

The recipes were truly excellent, and we enjoyed a number of them. THANKS  
Also, it is great to be receiving daily reminders.

I really didn't realize what a difference it makes to get a little more sleep than I usually did with the kids and all. Great program!

Since I have retired I have no problem sleeping. Enjoyed the program with the soup recipes.

So far my favorite program was the "Culprit and the Cure".

Good Programs!

One of the changes that I did was not to snack after 6:30 and to also eat a very little dinner prior to going to bed. This enabled me to sleep in a more sound way than I had before.

I love these programs!

Good Program. I like the daily reminders.

Loved the soup recipes, made about 6 of them and they were great!!!!

This program was easy to complete as I typically already get at least 7 hours each night. I know the benefits of getting enough sleep and typically do better throughout the day with enough sleep.

This is something I have worked on for a very long time. I almost felt guilty doing the exercise. You really need that rest and sleep, as if you do not get it your body can not heal and work to become as well as you can be.

Find "being made" to sleep at least 7 hours nightly was very beneficial for me!

This started out as a challenge; getting to bed earlier. Then I got up earlier and thoroughly enjoyed the days. I actually feel rested!

I didn't realize how much lack of sleep can impact your overall health, well being and productivity.

Great program! Thanks for providing this.

I have become more aware of behaviors that were not conducive to getting rest. I now go to bed earlier and feel more rested.

As we age, we need to be reminded more and more about taking care of our health first. We are retired from the state and enjoy all of these activities to improve our health and well-being. Thanks!

Feel that I'm receiving many new helpful ideas.

I always enjoy the healthy recipes and the wellness tips.

I appreciate the efforts you folks make to try to instill wellness in us. Keep up the good work. I really, really enjoy the relaxation CD. That was a good move.

This program made me realize how hard it is to make myself get enough sleep. Thanks for the extra motivation!

Thanks for the excuse to sleep more!

This program has made me more aware of scheduling rest and bedtime for myself. Overall, it made me more aware of the importance of taking care of "me". I have a tendency as most mother's do, to meet everyone else's needs, first.

Love the program, fun to talk w/ my co-workers.

The overall program is a very positive step for health and well being. Thank you for instituting the program.

I loved reading the sayings every day.

I am very thankful for all of the information you emailed us about how vital sleep is for us. Thank you!

Slept much better after learned to do same time each day including weekends.

7 hours of sleep makes a difference in my energy throughout the day. I'm a believer now!

Great program and a lot of helpful tips enjoyed the course.

I have never had any problem getting the proper amount of sleep. This really made me more aware of it and I really liked the relaxation CD. Also my exercise program is a great help for my sleep.

I enjoyed the relaxation tape and have become more cognizant of maintaining a schedule for retiring.

The soup recipes were great and we enjoyed trying several of them.

Good methodology...keeps me on track for personal health management!

I have severe breathing problems so I am unable to be very active. I accomplish as much as I possibly each day.

I have been sleeping more and a full deep sleep. I have been eating better and feeling a lot healthier.

I am enjoying all the programs. They are informative and good reminders of things we should know.

I definitely needed to get more sleep than I had been getting. Thank you for encouraging us to do it.

It gave me a reason to get to bed on time and stop puttering about the house on things that could wait.

It is always good to "heighten the awareness"...thanks!

Program made me more aware of heading to bed earlier than I had been.

I think the programs are a big help but I am unable to receive full benefit of them due to my health problems.

Another good program that you can accomplish at home and totally use throughout your life.

Succeeding in the program proved to this night owl that it's doable on a regular basis. Overall I am much better when I get the 7 to 9 hours.

I think it very helpful to emphasize the importance of sleep

Starting this program, I have controlled myself to limit TV hours in night and to keep enough sleep time.

I love the reminders!

I love how all I have to do is to click the website, put my number in, and roll! LOVE IT!

I definitely have more energy when I get at least 7 hours of sleep. I also found that if you get less sleep (like I was doing before the program) my body got used to less sleep, but as I increased the time, my body adjusted to it and I really noticed a difference when I don't get more sleep now!

For me, this just reaffirmed that I was doing the right thing when I would stop what I was doing and just go to bed at my bedtime. I have been getting 7-9 hours most nights, but it was good to know that it is so important to my overall well being. I did discontinue watching TV in my bedroom though and found that I fell asleep quicker.

I love this program and think every insurance company should have a similar program. Thank you!

I loved the Relaxation CD. I played it a work several time when I was feeling stressed and it did help to calm me. I'm going to have to invest in a few more like that!

This program served as a reminder to get enough sleep. (Glad it was before the time change as it takes awhile to adjust my inner clock.)

Went to MD because of lack of sleep.

I enjoy these Healthier Wyoming programs. Keep them up.

It made more aware of my sleeping habits, and I did get more rest.

The program made me cognizant of my behaviors.

This is something that I truly try to do every night. I have always found it beneficial

Thank you for this program. It was very helpful!

I loved the soup recipes and enjoyed getting the daily emails with them and trying many of them out.

I love the CD, if I wake up at night and want to get back to sleep I hit the snooze button and start drifting off!

There is good information about sleep habits and getting enough sleep.

I am good about getting my rest...it keeps me healthier overall...

Reading the helpful hints helped me to evaluate what I might be doing to sabotage a good night's sleep. The recipes for soup were good, I love soups and enjoyed new recipes.

I try to get at least 8 hours of sleep...before and after. Nothing really has changed.

I think that this is another good program for wellness and it should be offered periodically.

Like all of the programs, I found this one to be excellent.

Thank you for making me more aware of what keeps me awake.

Loved to really know the importance of sleep! Going to bed without guilt!!!!

Easy to think about sleep and how it can not only benefit you but family and fellow workers. You become more aware of HOW you feel and to watch you better.

Thank you!

Over all health changes suggested by this program are very good.

All the programs so far serve as good reminders to having a healthy lifestyle.

I have always sleep lots, but as the result of this program I am eating more fruit, nuts and veggies and less meat.

I became more aware of the times I actually went to bed and got up and realized how lucky I am to have great sleeping habits. No insomnia here!

While I didn't necessarily SLEEP for 7 - 9 hours, I definitely got to bed earlier and that downtime probably improved the quality of my sleep.

I am now aware that I need to make sure that I get my 7 - 9 hours sleep a night.

I really have improved my sleep habits. I loved the New Age CD!!

I learned to be more aware of my sleeping and other time management practices. Thanks.

The soup recipes were awesome. Is there any way you could come up with a cookbook with all the recipes?

Used my own music which I find more relaxing, but the consistency of going to bed at the same time every night was good for me.

Loved the New Age CD. I submitted the evaluation but want to make sure that you receive it. I have vastly improved my sleeping habits and am getting the needed rest that I need. Thank you for doing this program.

Great program. I learned a lot.

Thanks!

The program has helped me be more aware of how sleep impacts my day. I am trying harder to make sure I get at least 7 hours of sleep.

I usually sleep 7 or 8 hours a night...so I worked on consistency of at least 8 to 9 hours a night.

I liked this program, and have benefitted greatly from it. I no longer sleep in until 10:30, or stay up until 2 a.m. Healthier Wyoming has turned out to be great for me!

I have always been an 8 hour a night sleeper it is nice to know that that is encouraged.

Great program! I love to get lots of rest & SLEEP! :)

Love what you are doing to keep us on task. Keep up the good work.

FAIR ON PRIZES BECAUSE I HAVEN'T WON YET!!!!

Eating right, Exercise and getting enough rest has made a difference overall.

This was an easy program for me because I already am diligent about getting plenty of sleep each night.

Realized how important the minimum of 8 hours sleep each night that I got. Very rested in the daytime.

It was wonderful, thank you!

Because of this program, I became a better sleeper. Thank You!!!

It helps to work at getting enough rest every night. It made me feel much better when I had to account for my sleep time.

I struggle with getting to bed at night. The Healthier WY program is a fun way to bring attention to the issue.

Thought I already had good sleep habits, this program helped confirm this and quantify my sleep habits.

This task was very easy for me because I sleep really well fortunately. It was still great fun to participate. Thank you!

Very good program!

I decided that TV isn't as important as I had once thought it was. Quite a bad habit to break!

I'm not sure everyone knows how important sleep is to maintaining good health and as we age it is ever more important. I enjoyed this challenge.

Really a great way to improve my sleep habits. I am much more aware of planning for at least 7 hours of sleep now.

It is good to encourage rest.

I found that I was able to budget my awake time better as a result of watching my sleeping time in this matter.

Sleeping more makes for more accomplishments on a day to day basis. Thank you for the relaxation video it helped the process. Now I am going to bed every night and getting enough sleep.

I stopped going to sleep with the TV on - made a big difference.

Very Good! I started by going to bed earlier - but I awoke earlier, however, after a few nights I was able to sleep longer and felt more rested.

These are excellent programs. Thanks.

I have a newborn baby, but she sleeps pretty well. Being accountable to going to bed earlier for this program reminded me of what is necessary for me to do in the late evening and what is not.

I have followed the program for 2nd year and find the guidelines very helpful.

The program was a focus while recovering from a surgery.

I did enjoy the CD, it is very relaxing

This program came along at the same time I was learning and using new relaxation techniques. It was good reinforcement.

Like the e-mail reminders.

I know sleep is important but when my schedule was super busy, sleep seemed to be the thing I sacrificed. Now I try much harder to get at least 7 hours of sleep or rest (sometimes I awaken before my 7 hours but I stay in bed and relax instead of jump-starting my day just because I'm awake).

Great Program, it made me more aware of getting to bed earlier and to watch how late I go to bed.

This was a great wellness program - I liked sleeping more. :)

Very good!

Just wanted to say that the recipes were great!

I would like to this program repeated.

Keep up the good work!

Great information and motivation to do better.

Thanks!

We all make health choices, a small bag of chips or an apple. I think because of this program I chose the apple.

Couldn't be better!

Good reminders and CD!

This would be a good program to do again. I think most people are sleep deprived and don't even know it.

Don't change a thing, keep up the good work.

I thought it was super.

I'm just very thrilled that we get to do this and I hope it continues. It's made a big difference in our lives and we are much healthier and getting healthier every day. It's been a great kick starter and it keeps me motivated to continue. Thank you!!!

I used most of the techniques already, but the program helps me pay attention consistently to my sleep habit. I loved the soup recipes. Very easy and nutritious.

My wife and I enjoy participating in the program together. It's a good thing.

Very Good. Recipes were very good.

Good program, should do it again.

Going to bed is not the same thing as sleeping. I would suggest a more detailed sleep diary.

Thank you for these programs.

I wish this program would be available for high school and college student population.

Keep this one program. It was a good one in my opinion because of our work setting...I have to work evening hours and getting rest is important and it helped get back in balance so do not change it.

Can't think of anything at this time. Good Job!

Thanks for the program!

I believe this challenge was good for the soul.

None

These preventive programs are very good as until you have to think about it you don't. I am sure that there are a lot of reminders that I need to keep myself using the tools that I have developed for myself with my doctors.

Hope that the program continues. Need the help.

No suggestions...program is perfect!

Would like to do again!

Good job, I wouldn't change a thing.

I'm not participating in the next program, but am greatly looking forward to the one after that.

Getting enough sleep and rest is not an easy task. This exercise is absolutely on target.

Very good program and a valuable tool!!! Thank You

More activities to improve health!