Test Your Rest

ADEQUATE SLEEP IS ESSENTIAL TO YOUR HEALTH

health matters

EDUCATE ENGAGE EMPOWER — CREATING A CULTURE OF WELLNESS

Wyoming

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Test Your Rest - February 2010
Program Guidelines

- Sleep 7 - 9 hours each night during February
- Time begins when you get into bed and ends when you get out of bed

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and safety matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

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