WEEK 5 : Increase Sleep & Reduce Screen Time

**WEEKLY CHALLENGE**: Increase the amount of sleep you get by 30 mins.

* Try to get 30 mins more sleep that your average from last week (primarily on weekdays)
* If you have a weird daily fluctuation, you can track this day by day (eg: if on Tuesdays I only get 5 hours, but on Wednesdays I get 7, then my average is 6. Getting 6.5 hours each day will be easy on Wednesday, but almost impossible on Tuesday; Instead, attempt to get 5.5 hours on Tuesday and 7.5 hours on Wednesday)
* This will probably be the hardest week to actually make the required changes, but honestly it is probably the most important. We saved it for near the end so that you only “HAVE” to do it for a few weeks during the challenge, but we really encourage you to make it a part of your lifestyle change. See below for lots of info and scientific evidence supporting better sleep habits.

**BONUS CHALLENGE**: Reduce your Screen time.

* You can easily check your averages in the “Screen Time” section of the SETTINGS on your phone. Every little bit makes a difference. Challenge yourself to cut back.
* Try to especially limit the amount of time you are on your screen in the few hours before bed.

DAILY CHECKLIST (Sunday is a day “off” of the challenge but we still recommend you stick to the plan to get the best results on your follow up scan!)

|  | MON | TUES | WED | THURS | FRI | SAT | TOTAL |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Avg Sleep time  This week:  (1pt / ✔) | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | /6 |
| Reduce Screen time Average  (.5 pt / ✔) |  |  |  |  |  |  | /3 |
| AB  (3 ✔ = 3 pts)  (5 ✔ = 4 pts) |  |  |  |  |  |  | /4 |
| Mobility  (2 ✔ = 1 pts)  (4 ✔ = 2 pts) |  |  |  |  |  |  | /2 |
| TOTAL  WEEKLY  SCORE |  |  |  |  |  |  | /15 |

[5 SIMPLE REASONS WHY SLEEP IS SO IMPORTANT:](https://www.macspharmacy.com/blog/top-5-reasons-why-sleep-is-important-for-your-health/)  (click to follow the link)

* Proper Weight Maintenance. ...
* Reduced Risk of Heart Disease and Stroke. ...
* Improved Concentration and Productivity. ...
* Boosts the Immune Function. ...
* Poor Sleep Leads to Increased Inflammation.

[WHAT ARE SLEEP DEPRIVATION AND DEFICIENCY?](https://www.nhlbi.nih.gov/health/sleep-deprivation#:~:text=Sleep%20deficiency%20is%20linked%20to,adults%2C%20teens%2C%20and%20children.)  (follow link for deeper details)

Sleep deprivation is a condition that occurs if you don't get enough sleep. Sleep deficiency is a broader concept. It occurs if you have one or more of the following:

* You don't get enough sleep (sleep deprivation)
* You sleep at the wrong time of day
* You don't sleep well or get all the different types of sleep your body needs
* You have a sleep disorder that prevents you from getting enough sleep or causes poor-quality sleep

[Better Sleep: Why it’s important for your health and tips to sleep soundly](https://health.ucdavis.edu/blog/cultivating-health/better-sleep-why-its-important-for-your-health-and-tips-to-sleep-soundly/2023/03)

* promotes growth
* helps heart health
* supports weight management
* helps combat germs and keep your immune system strong
* reduces risk of injury
* increases attention span
* boosts memory and learning

[25 FUN FACTS ABOUT SLEEP:](https://www.dreams.co.uk/sleep-matters-club/25-facts-about-sleep) (click to see the full list)

* 12% of people dream entirely in black and white. ...
* Two-thirds of a cat's life is spent asleep. ...
* A giraffe only needs 1.9 hours of sleep a day, whereas a brown bat needs 19.9 hours a day. ...
* Humans spend 1/3 of their life sleeping. ...
* Sleeping burns around 400 calories a night.