



SLEEP SMARTER. PERFORM BETTER.

COMMIT TO SEVEN DAYS OF HEALTHY SLEEP

The right amount of quality sleep creates a happier, healthier you! For one week, pledge to focus on one small change that can have a big impact: the *quality* of sleep you are getting.

- Check the chart for your recommended amount of nightly sleep
- Print the Pledge on the next page and fill in the blanks
- Sign your name and share with a friend or family member!

Bonus Accountability Boost: Use our [Sleep Smarter. Perform Better. Sleep Journal](#) to track your sleep and celebrate your success!

PRINT THE NEXT PAGE AND FILL IN THE BLANKS.

1. Alliance for a Healthier Generation. (2018). Is your child getting enough sleep to perform at his or her best? How kids can sleep smarter and perform better. Retrieved from <https://www.healthiergeneration.org/articles/is-your-child-getting-enough-sleep-to-perform-at-his-or-her-best-how-kids-can-sleep>

HOW MUCH SLEEP DO YOU NEED?¹

★
AGE 6-12
At least 9 hrs

★
TEENS
8-10 hrs

★
ADULTS
At least 8 hrs

MY HEALTHY SLEEP PLEDGE

I, _____,

[INSERT NAME]

am committing to _____ hours of quality sleep a night for 7 days.

[INSERT NUMBER]

I will meet my hourly sleep goal by ensuring I am in bed by _____: _____ PM so I can wake up at _____: _____ AM.

[INSERT BEDTIME]

[INSERT WAKE TIME]

To improve the quality of my sleep, I will [CHOOSE AT LEAST 1 TO PRACTICE EACH DAY]:

___ Turn off my electronic devices at least 30 minutes before bedtime

___ Move my body for at least 20 minutes during the day

___ Avoid caffeine in the afternoon and evening

___ Meditate or journal before bed

___ Write down your own relaxing bedtime routine here! _____

This is important to me because I want to bring my best self to _____

_____ and I know that good sleep is an important step.

[INSERT REASON, SUCH AS SCHOOL, WORK, FAMILY, FRIENDS]

I know I don't have to go it alone! _____ will be my sleep success buddy.

[INSERT NAME OF FRIEND OR FAMILY MEMBER]

I will celebrate my success at the end of the week by _____

[INSERT REWARD]

SIGNATURE

DATE