February
Get more sleep.

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Holiday
Floater Holiday

In 2020, participate in THE THREE every day by doing the following:

1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting January 20th.

2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at **wellnys.goer.ny.gov/.**

3) Ask your wellness partner, did you do the WellNYS Daily To-Do?

February WellNYS Daily To-Do

NEW YORK STATE | WellNYS Everyday

Once you've completed the To-Do, check the box!

FEB 1 ☐ The February Monthly Challenge is to get more sleep. Register for the Monthly Challenge at **wellnys.goer.ny.gov/.**

2 ☐ To get more sleep, decide to go to bed earlier. Try just 15 minutes.

3 ☐ Do you look at a computer or phone before going to bed? These screens contain blue lights that can trick your brain into thinking it's daytime. Consider a new habit such as taking a bath or reading a paper book before bedtime.

4 ☐ To learn more about sleep, go to **sleep.org/**

5 ☐ Is your bed comfortable? It's where we spend one third of our life. Evaluate the last time you purchased a mattress. Is it time to get a new one, or are you comfortable with the mattress you currently use?

6 ☐ Use this technique to fall asleep faster, or to go back to sleep when you wake up in the middle of the night. Relax all the muscles in your face. Take a deep breath, then exhale and relax your chest and shoulders. Relax your legs. Clear your mind by listening to your breathing.

7 ☐ Sleep apnea is a sleep disorder that causes interrupted breathing. Do you snore? Do you yawn excessively throughout the day? Do you suffer from extreme fatigue and sleepiness during the day? For more information go to **sleepapnea.org/**
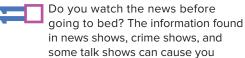
8 ☐ Take a warm bath or shower before you go to bed. The warm water does wonders to relax you.

9 ☐ Meditation can calm a restless mind. Listen to a meditation script using an app before going to sleep tonight. Then, try some of the techniques suggested in the app.

10 ☐ Tomorrow, it won't matter what happened during a TV show you watched the night before, but it will matter if you lose sleep because you stayed up watching TV. Turn off the TV and go to bed.

11 ☐ Do you watch the news before going to bed? The information found in news shows, crime shows, and some talk shows can cause you stress before you go to bed. Watch the news earlier in the day.

12 ☐ Exercising gives you energy during the day, and it may very well help you sleep better at night. Don't exercise immediately before going to bed; the endorphins created may keep you awake.

13 ☐ Have you heard about melatonin when it comes to sleep? Read more about it and ask your physician if this supplement would be good to try to help you fall asleep faster.

14 ☐ Caffeine can wake you up in the morning, but it also can keep you up at night. If you have trouble sleeping, avoid caffeine after 2:00 p.m.

15 ☐ Ask your wellness partner, your spouse, or a friend about their sleep habits. We can learn so much from each other.

16 ☐ The scent of lavender has been known to help people to go to sleep. There are many ways to use lavender. Put a couple of drops of lavender oil into a diffuser or put on lavender lotion.

17 ☐ Turning a fan on in your bedroom may help you fall asleep. It creates white noise, and it can also will help to keep you cool. According to **sleep.org**, 67 degrees is the best temperature for sleeping.

18 ☐ To help you get to sleep, lay in bed in a comfortable position and make a conscious effort to count your breaths. Listen to yourself inhaling, then feel yourself exhaling. Try 10 slow, deep breaths.

19 ☐ Do you have insomnia? Insomnia is the inability to fall asleep or stay asleep. Contact your physician if this happens frequently.

☐ **Number of days completed**

GO BEYOND THE CHALLENGE

20 ☐ Try a five-day sleep challenge with your wellness partner. Write down what time you went to bed, fell asleep, and woke up.

21 ☐ To help you relax your mind, listen to a guided imagery recitation before going to sleep.

22 ☐ Today is Saturday, if you feel exhausted in the middle of the day, take a power nap. A 15-minute nap can do wonders for your energy level.

23 ☐ Choose a cup of herbal tea tonight to encourage restful sleep.

24 ☐ Our sleep habits change as we age. Find your age on the following website to learn more about how age affects sleep. **sleep.org/topic/age/**

25 ☐ Keep a journal near your bed. Before lying down, write down anything that is bothering you that might interrupt your sleep. Then, let it go. Also, jot down what you are grateful for and think about these things while trying to fall asleep.

26 ☐ If you are struggling with falling asleep and nothing has worked, get out of bed and read or try a relaxation script. Avoid checking your phone.

27 ☐ Research sleep apps. There are free apps with sleep sounds and meditation scripts. Some apps can let you record your sleep with your smart phone.

28 ☐ If you can, track your sleep patterns with a wearable tracker. Wearing this type of watch will monitor your sleep duration and sleep quality. If you don't have a wearable tracker, keep a pen and paper nearby to make notes.

29 ☐ Today is leap day, the last day of February, and it's the Monthly Challenge to get more sleep. Did you get more sleep? Did you read the WelNYS Daily To-Do? If so, go online and check off the days you read and acted on the To-Do. **wellnys.goer.ny.gov/.**