



Facilities Planning & Management

UNIVERSITY OF WISCONSIN-MADISON

30 N. Mills Wellness Committee Asks....

How's Your Sleep Hygiene?

(the habits and practices that are conducive to sleeping well on a regular basis)



Participate in the 30 N. Mills February Sleep Challenge!
Learn ways to understand and improve your sleep habits.
This is a completely optional and self-directed challenge.

Here's the game plan.

All 30 N. Mills Employees will receive a total of four emails.
One for each week of the challenge. Emails will arrive in your inbox on the preceding Friday detailing the week's goals for the sleep challenge. After review of the emails it is your choice, no pressure, no questions, just giving you the opportunity if interested.

Emails you will receive with associated topics include:

Week 1: Sleep is Important

Week 2: Positive Bedtime Habits Enhance Sleep

Week 3: Trouble Falling Asleep

Week 4: Sleep Diary

Sleepwell
Simple Steps to Healthier Sleep

Based on UW-Madison UWell Wellness Champion Challenge by Sleepwell



Organized by the FP&M 30 N. Mills Wellness Committee
Supporting the overall well-being of FP&M employees