



# Are You Getting Enough Sleep?

## Join the Rest & Restore Sleep Challenge

It can be tough to prioritize good sleep when work, stress, family demands, illnesses and more can get in the way. Over time, chronic poor sleep can increase your risk for more serious health issues. It's important to make healthy adjustments and focus on what you can control, so you can get a good night's rest.

Challenge yourself to track your sleep during Sleep Awareness Week (March 10 – 16) by joining the **Rest & Restore Challenge**. Tracking will help you understand the quality of your sleep so you can reset any bad habits and be on your way to feeling refreshed!

### How to join

1. Register or log in to your CareFirst WellBeing<sup>SM</sup> account at [carefirst.com/wellbeing](https://carefirst.com/wellbeing).
2. Select *Achieve*, then *Challenges*.
3. Choose *Rest & Restore Challenge* and click *Join Challenge*.
4. Track your sleep daily.

### The goal

Track your sleep for seven days between March 10 – March 16, 2024.

### How do I track my sleep?

**Automatic Tracking:** Link your Apple Health, Samsung Health, Google Fit or Fitbit app with CareFirst WellBeing. Then, be sure to sync your wearable device daily with its corresponding app for seamless, automatic input of your sleep data.

**Manual Tracking:** Each day, log in to CareFirst WellBeing to manually record the time you went to bed and woke up. You can also track your sleep quality.



Have questions? Call **877-260-3253**.

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