



Yes!

The Sleep Competition Is for You

Everyone can benefit from improving the quality of their sleep.

If you often have trouble sleeping ...

Getting better sleep may not feel like a possibility. If you are functioning “good enough” on most days without it, it may not feel like a priority either. But the truth is, getting quality sleep can help you have much *better* days by improving your focus, mood, and productivity. And it can help boost your health. Not sure? Try thinking about ways a lack of sleep affects your life. Then think about how waking up feeling refreshed could help you achieve more.

Don't worry. Throughout the Sleep Competition, we'll share tips and tricks to help you change your relationship with sleep.

Even if you think you sleep fine ...

No matter how easily you drift off at night, you still might not be getting enough quality sleep. Challenge yourself to make sleep a top priority and you may find you benefit from it even more.

Need more convincing? Try this:

Close your eyes and imagine what the best possible you could achieve. Focus on things you want for yourself. Not what others want for you. Now, write your vision down, in the first person (I am ...), as if you were already there. Such an accomplishment might seem far away, but by focusing on your sleep, and thus improving your energy, concentration, and health, you'll be better equipped to get there.