![sharecare]

Sleep Better Now Challenge

Catch more zzz's this fall.

Did you know you are supposed to get at least 7-9 hours of sleep each night? Join the **Sleep Better Now Challenge** and start making little changes in your sleep habits that could help you catch more zzz's and improve your overall health.

The Goal

Update your sleep tracker daily. Aim for 7-9 hours a night for at least 21 days between September 1 and September 30, 2022.

How The Challenge Works

- Log in to your Sharecare account or register at **carefirst.com/sharecare**.

- Find **Challenges** under the **Achieve** icon.

- Look for **Sleep Better Now Challenge** and click **Join**.

- Track your sleep daily from September 1, 2022 to September 30, 2022.

How Do I Track My Sleep?

There are two ways to track your sleep:

1. **Automatic Tracking:** Sync directly with your wearable device or your smartphones's health app to allow for automatic input of your sleep data.

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

Have Questions?

Call Sharecare support at **877-260-3253**.