

GOOD NIGHT
Sleep Right



Wake Up Feeling Rejuvenated and Refreshed!

The Good Night, Sleep Right Challenge Begins March 7.

REACH is excited to provide you with the opportunity to challenge yourself to getting a better night's rest by participating in this four-week challenge from **March 7** to **April 3**.

To complete the challenge, and earn **25 Healthy Habit Points**, you need to report at least **75 activities** before the challenge ends. Registration is not required to participate. You will be able to back report your activities one week prior for the duration of the challenge so please plan accordingly. Complete each of the following daily activities:

- Sleep seven to nine hours each night.
- Turn off electronics two hours before bed.
- Avoid caffeine after noon.
- Avoid eating within an hour before bed.
- Get 20 minutes of relaxation or physical activity.

Earn a **bonus activity for each day you complete all five of the activities above!*

You will have until April 10 to finish reporting your activities. You can record your **Good Night, Sleep Right** activities on your desktop or **mobile device**. Visit www.RiversideHealthcare.org/REACH to log in and begin recording your activities on **March 7!**

Employees can access the challenge by clicking on the REACH icon found on Rivernet or the Employee Self Service Portal from the Riverside network.

Login Instructions for First-Time Users:

Username: first name + last name (johnsmith)

Password: date of birth (mmddyyyy)

You will be asked to change your password after logging in.

Returning Website Users: Sign in using the username and password you've already established.

