



A Good Night's Sleep Challenge

REGISTRATION OPENS: 9/21

LAST DAY TO REGISTER: 10/7

Sept 30 - Nov 10



Western
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www.MyWellsite.com/ip/scusd

TEAM PRIZES

You must form a team of 3-10 employees (including the team leader) to be eligible for team prizes

1st place Team - Leader: Bluetooth speaker and "Chill Band" tracker.
Team Members: "Chill Band" heart rate/sleep tracker

2nd place Team - Leader: Bluetooth speaker and "Chill Band" tracker.
Team Members: Sleep kit (ear buds, neck wrap, and salt lamp)

WEEKLY WINNERS PRIZES – 5 winners every week!
Every participant who logs in at least one activity for the week
will be entered into a prize drawing to win choice of:
earbuds, water bottle, drawstring backpack, or salt lamp.

Sleep challenge questions? Email healthybusiness2@gmail.com

Technical questions? Email tech support at support@inspiringperspectives.com