

Catch Some Zzzzzz's

Getting 7-8 hours of sleep every night is important for your physical and emotional health. To promote this healthy behavior, City of Highland Park will be hosting a sleep challenge during **March 1st – March 31st**.

How to Track Your Sleep

Log in to app.chcw.com and access your sleep tracker on your Dashboard. Select “Challenges & Trackers” on the lefthand side to access the sleep tracker and press the ‘+’ icon to log your sleep.

Challenge Rules

To earn your reward, you must log 200 hours of sleep between March 1st and March 31st. This is an average of 50 hours of sleep per week.

Reward

If you meet the rules above, you will earn 25 points in your Rewards Program!

