



Sleep & Recovery

Frequently asked questions

Quality sleep, paired with regular recovery activities, is essential for your overall well-being. Prioritizing sleep helps regulate mood, reduce stress, and improve cognitive function, making it easier to stay focused and achieve personal goals in work, health, and personal growth. Proper recovery strengthens your immune system, enhancing your body's ability to fight off infections and illnesses. In addition, restorative sleep and recovery support heart health by reducing the risk of heart disease and helping maintain healthy blood pressure. These activities also promote physical health by allowing your body to repair muscles, tissues, and cells, which are especially important after exercise.

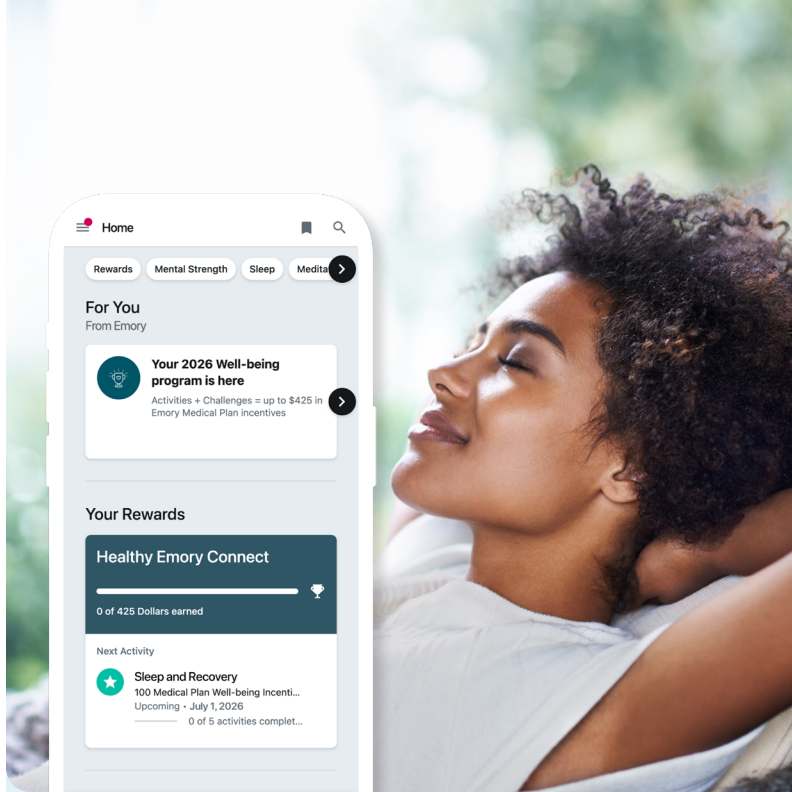
Complete all 5 Sleep & Recovery activities July 1 – August 31, 2026, to earn a \$100 Emory Medical Plan Well-being incentive or reward.

How do I participate?

Sign in to your Sharecare app, join through your [desktop browser](#), or create your account by clicking [here](#). Use your NetID or N number to create an account and log in. Once logged in, select **Achieve > Rewards > Healthy Emory Connect > Sleep & Recovery** and complete these steps:

To help you put these benefits into action, the following articles and videos provide practical tips and guided techniques to improve sleep, support recovery, and keep you moving toward your goals.

- **Read these two articles (July 1 - August 31)**
[Foam Rolling: What's with All the Hype](#)
[What to Eat if You Can't Sleep](#)
- **Watch these two videos (July 1 - August 31)**
[Gentle Moves for a Happy Back](#)
[Four Ways to Care for Muscle Pain Caused by Inflamed Fascia](#)
- **Complete the Rest to Rise challenge (August 1 -31).**



Start SMART with Goal Setting

What are SMART goals and how do they support success?

When it comes to making meaningful progress, whether in your personal life, your health, or your career, setting clear goals is essential. One of the most effective ways to do this is by using the SMART framework. It helps you move from vague intentions to actionable steps that lead to real results.

How do I set SMART goals for better health and well-being?

Specific: Define your goal clearly. What do you want to accomplish? The more detailed, the better.

Measurable: Track your progress. How will you know when you've reached your goal?

Attainable: Set a goal that is challenging but achievable. Do you have the tools, time, and resources to make it happen?

Relevant: Explore personal values and motivations to ensure the goal aligns with what matters most. Does this goal align with your values?

Timely: Give yourself a deadline. When do you want to achieve this goal?

What is an example of a SMART goal for Sleep & Recovery?

"For the next 21 days, I will set a bedtime of 10:30 p.m. and turn off screens at least 60 minutes before bed at least 5 nights per week to improve my sleep quality."

By starting **SMART**, you're not just setting a goal; you're creating a roadmap for success. Whether you're aiming to improve your sleep, eat healthier, reduce stress, or move more, this approach helps you stay focused and motivated.



How do I join and complete the Rest to Rise Challenge?

1. Sign in to your Sharecare app, join through your [desktop browser](#), or create your account by clicking [here](#).
2. Select **Achieve > Challenges > Rest to Rise > Join Challenge**.
3. Track your sleep for at least 21 days during the challenge period.

Note: While the goal is 7-9 hours of sleep, you do not need to meet this target to complete the challenge – focus on consistent tracking.

How do I track my sleep?

There are two ways to track your sleep:

1. Automatic Tracking:

Link your mobile phone's health app with Sharecare and enable automatic tracking. Then, be sure to sync your wearable device daily with its corresponding app for seamless automatic input of your sleep data.

a. From your [desktop browser](#): sign into your Sharecare account and select the  (gear) at the top right corner of the page > **Tracker > Tracker Setup Assistant** and **Activate** to automatically track your key sleep.

b. From your **phone application**: sign in to your Sharecare account and select **Track >  (gear)** at the top left corner > **Tracker Setup Assistant** and **Activate** to automatically track your key health factors. **Note: You will need to wear your device while you sleep to ensure that your sleep is captured accurately.**

2. Manual Tracking:

Each day, sign in to your Sharecare app or your [desktop browser](#), then select **Track > Sleep**. Then answer the question, "How long did you sleep last night?", select your **Bed Time** and your **Rise Time**, rate your **Sleep Quality**, and select **Save**.

What if I forget to track my sleep for a day?

Once you have joined the **Rest to Rise Challenge**, you can go back up to 7 days and track your missing data. After the challenge is over, you will have a 7-day grace period to track retroactively.

To update your tracker for a past day:

1. Select **Track > Sleep**
2. Click **"Today"** to bring up the calendar
3. Choose the missed day(s)
4. Enter your sleep details **the same way you would when manually tracking your sleep** (See **Manual Tracking**)
5. Click **Save** to finalize your entry

How do I find the Sleep & Recovery articles and videos in Sharecare?

From the home page, navigate to **Achieve > Rewards > Healthy Emory Connect > Sleep & Recovery**, and select the content you wish to view. Follow the on-screen prompts to access your selection.

How can I see if I have completed all 5 Sleep & Recovery activities?

Sign in to your Sharecare app or log in through your [desktop browser](#), then select **Achieve > Rewards > Healthy Emory Connect > Sleep & Recovery**. If you see a green check mark next to the activity name, you have completed it.

What if my activity isn't showing as complete?

If you've finished the activity but it hasn't been marked complete, please get in touch with Sharecare Customer Service **by phone at 855-428-1708**, through the app, complete this [email form](#), or on the website for assistance.

What do I earn when I complete all 5 Sleep & Recovery activities?

If you're enrolled in an Emory Medical Plan, you will earn a **\$100 Emory Medical Plan Well-being incentive**. If you waive participation in an Emory Medical Plan, you will earn a sweepstakes entry for a chance to win a raffle prize of your choice: a free 30-minute massage, a free 30-minute personal training session, a \$25 Amazon Gift Card, or a free 1-month membership at participating Emory fitness facilities.



How do I receive the \$100 Emory Medical Plan Well-being incentive?

Aetna HSA Members: You will get a deposit into your Health Savings Account (HSA). If you decide to move to a different medical plan at the end of the calendar year or you leave Emory, any unused funds will remain in your HSA account. Visit your [Aetna member portal](#) to learn more.

Aetna POS Members: You will get a credit toward your deductible or co-insurance. Incentive dollars can't be used for co-pays. If you decide to move to a different medical plan at the end of the calendar year or leave Emory, any unused funds will be forfeited at the end of the calendar year. Visit your [Aetna member portal](#) to learn more.

Kaiser Permanente Members: Your incentives will be added to your Kaiser Permanente Health Reimbursement Arrangement (KP HRA) and can be used towards your medical and pharmacy co-pays. If you move to a different medical plan, any unused funds will be forfeited at the end of the calendar year.

- **Healthcare Employees:**
Visit [Kaiser Permanente member portal](#) to learn more.
- **University Employees:**
Visit [Kaiser Permanente member portal](#) to learn more.

I'm not on an Emory Medical Plan, how will I know if I've won reward/raffle?

The drawings for the Sleep and Recovery campaign winners will be held during the week of September 21, 2026. Four from Emory University and four from Emory Healthcare. Each winner will receive a prize notification email from the Health & Well-being team with instructions for claiming their prize.



Have more questions?

Call Sharecare Customer Service at 855-428-1708 or email the Health & Well-being team at HealthyEmory@emory.edu.

Sharecare, Inc. administers Emory University and Emory Healthcare's Healthy Emory well-being program. Before downloading the Sharecare app, you must register using a web browser on your computer or mobile device at healthyemory.sharecare.com. Then, create your user ID and password to use when you sign in to Sharecare to unlock the benefits available to all eligible employees. © 2026 Sharecare, Inc. All rights reserved.

