



Snooze Soundly Sleep Challenge FAQs

Catch more ZZZs this Fall

What's this challenge all about?

Did you know that one in seven Americans don't get the recommended seven to nine hours of sleep each night? Making little changes in your sleep habits with the **Snooze Soundly Sleep Challenge** can make a big difference in your overall health. The Challenge is open for registration beginning September 25, 2022 and will run from **October 8 – November 8, 2022**.

How does sleep affect my health and why should I keep track of it?

Consistently getting enough sleep is very important for your health. Insomnia, sleep apnea, and snoring are just a few of the health conditions that can leave you tired and irritable. By keeping track of your sleep, you can see how much you are really getting and adjust as needed – plus it may help you identify an underlying health condition.

How can Healthy Emory Connect help me improve my sleep?

When you join the Snooze Soundly Sleep Challenge, you will receive messages with tips and tricks to boost your sleep quality. You can also read sleep-related content within the Healthy Emory Connect platform. This gives you access to soothing, on-demand programs such as Inspirations, which provides high-end video content designed to help you achieve more restful sleep.

What is the Snooze Soundly Sleep Challenge goal?

After joining the challenge, update your Sharecare sleep tracker daily. Aim to sleep between seven and nine hours each day for at least 21 days between October 8 and November 8, 2022, to meet the challenge goal.

What is the reward?

When you achieve at least seven to nine hours of sleep, for at least 21 days between October 8 to November 8, 2022, you'll meet the challenge goal and complete one activity within the **Sleep Better, Feel Better program**. Complete three out of four Sleep Better, Feel Better activities from October 1 – November 15, 2022, to earn your \$87.50 medical plan incentive!

Who is eligible to participate?

All benefits-eligible employees, spouses, and pre-65 retirees on an Emory medical plan can participate in the challenge.

How do I sign up?

1. Register or sign into Healthy Emory Connect, powered by Sharecare, at www.healthy.emory.edu/connect.
2. Find the **Challenges** under the **Achieve** icon.
3. Look for the **Snooze Soundly Sleep Challenge** and click **Join**.
4. Track your sleep daily from October 8 to November 8, 2022

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

If you miss a day while the challenge is still active, you can go back up to one week and track any missed activities. To update your tracker for a day in the past, simply select Track, then select Today at the top of the app to open the calendar. From there, you can select the day(s) you haven't tracked and manually enter your information for the day(s) you missed. Once the challenge is over, you will be able to retroactively track activities for one week after challenge end date.

Still have questions? Call 855-428-1708 or visit www.healthy.emory.edu/connect to learn more



All benefits-eligible Emory employees, spouses, and pre-65 retirees with Emory medical plan coverage are eligible to participate in Sleep Better, Feel Better. To earn the \$87.50 Emory medical plan incentive, you must complete 3 out of 4 Sleep Better, Feel Better activities.

Sharecare, Inc. administers the Emory University and Emory Healthcare Healthy Emory wellness program. Before you download the Sharecare app, you must register from a web browser on your computer at www.healthy.emory.edu/connect. Then create your user ID and password to use when you sign into Healthy Emory Connect, powered by Sharecare, to unlock the benefits available to all eligible employees. ©2022 Sharecare, Inc. All rights reserved.