Snooze Soundly

CATCH MORE ZZZ'S THIS AUGUST

Did you know you are supposed to get at least 7-9 hours of sleep each night? Join the Snooze Soundly Challenge and start making little changes in your sleep habits that could help you catch more zzz's and improve your overall health. Meet the challenge goal to get rewarded!

The Goal

Update your sleep tracker daily. Aim for 7 to 9 hours of sleep each night. When you track your sleep for at least 21 days in June you will meet the challenge goal.

How The Challenge Works

- Log in to your Sharecare account or register at lahealthconnect.sharecare.com.

- Find Challenges under the Achieve icon.

- Look for Snooze Soundly Challenge and click Join.

- Track your sleep for 21 days or more in June to meet the goal.

How Do I Track My Sleep?

There are two ways to track your sleep:

1. **Automatic Tracking:** Synch directly with your wearable device or your smartphones's health app to allow for seamless, automatic input of your sleep data.

2. **Manual Tracking:** Each day, log in to the Sharecare app to manually record the time you went to bed and the time you woke up. You can also track your sleep quality.

Have Questions?

Visit lahealthconnect.sharecare.com.