Did you know that healthy sleep lowers your risk of many chronic medical conditions and improves mental health?

Join the 3-week Sleep Challenge, hosted by the CEBT Health & Wellness Centers!

**Challenge Details**
- The challenge will run from **March 14 to April 4**.
- Participants are encouraged to reach for a goal of 7-8 hours of sleep per night (147 hours total).
- Participate in health coaching for additional support with your health and wellness goals.
- Receive weekly emails with helpful information and support on achieving better sleep.

**Sign up today to participate**
- Registration opens March 7 and closes March 18.
- All employees and spouses on an eligible CEBT medical plan are invited to participate. Participation is **FREE**.
- Sign up in the Challenges Tab of the Marathon Health Portal at member.ourhealth.org.
- Log your hours and minutes of sleep in the portal each day throughout the challenge.

**Earn prizes!**
- Participants who meet the total challenge goal of 147 hours of sleep will be entered into a raffle for a chance to win one of multiple prizes, including deluxe weighted blankets and baskets of sleep-support products!

**Questions?** Please call your CEBT Health & Wellness Center.

**CEBT Health & Wellness Centers**
- **Widefield**: 930 Leta Drive | 719-551-5808
- **Rifle**: 707 Wapiti Avenue, Suite 201-A | 970-440-8085
- **Glenwood Springs**: 1901 Grand Avenue, Suite 200 | 970-440-8087
- **Gypsum**: 35 Lindbergh Drive, Suite 110 | 970-431-2871
- **Loveland**: 2889 N. Garfield Avenue | 970-744-2866
- **Greeley**: 4675 W. 20th Street Road, Unit B | 970-377-4625