

SLEEP CHALLENGE

To access the web app [click here](#), or scan the QR code on your mobile to create your Uptime account and unlock the science behind these insights to enhance your sleep.



(You'll need an account for the links below to work!)

<div>Adjust the lighting in your room</div> <div>  </div> <div>Click here to learn more with the Uptime Hack Sleep Smarter</div>	<div>8-Hour Goal</div> <div>Sleep 8 hours every night for a month.</div> <div>  </div> <div>Click here to learn more with the Uptime Hack Why We Sleep</div>	<div>No Snooze Challenge</div> <div>Get up immediately—no snoozing your alarm!</div> <div>  </div> <div>Click here to learn more with the Uptime Hack The Secret to a Good Night's Sleep</div>
<div>Breathe & Relax</div> <div>Try a bedtime breathing exercise.</div> <div>  </div> <div>Click here to learn more with the Uptime Hack The Sleep Solution</div>	<div>Tech-Free Hour</div> <div>No screens 1 hour before bed.</div> <div>  </div> <div>Click here to learn more with the Uptime Hack The Secret to a Good Night's Sleep</div>	<div>Caffeine Cutoff</div> <div>Have your last cup of coffee before noon</div> <div>  </div> <div>Click here to learn more with the Uptime Hack Staying Fit</div>
<div>Stick to a Schedule</div> <div>Set and follow a sleep routine for a week.</div> <div>  </div> <div>Click here to learn more with the Uptime Hack Sleep Sense</div>	<div>Find Your Rhythm</div> <div>Are you an early bird or night owl?</div> <div>  </div> <div>Click here to learn more with the Uptime Hack The Sleep Fix</div>	<div>Sunlight Boost</div> <div>Get 15-20 minutes of sunlight daily for a week.</div> <div>  </div> <div>Click here to learn more with the Uptime Hack Sleep, Light & Disease</div>