

# Snooze



Get the sleep you've been dreaming of during National Sleep Awareness Month this March. **Register for the Well Wisconsin's Seize the Zzzz challenge before March 27!**

## How it works

During Seize the Zzzz, track your sleep for 21 of 28 days between March 20 and April 16, 2024. Get a good night's rest for 14 days to complete the challenge and fulfill the well-being activity, one of three steps toward earning \$150, along with the health assessment and a health check.

## Sleep your way to well-being

March means daylight saving time, a great time to reset your sleep patterns. By making sure you get seven to eight hours of quality sleep, you can help manage stress, maintain a healthy weight and prevent many health conditions.

## Find support from a coach

Stay motivated and on track toward your goals—during the challenge and beyond! Connect with a health coach today by calling **800-821-6591** or visiting [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin)

Register by March 27 at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin)

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

## SOURCES

WebMD: "Surprising Reasons to Get More Sleep", Sleep Foundation: "How to Design the Ideal Bedroom for Sleep", Harvard Health Publishing: "Blue light has a dark side", Harvard Health Publishing: "8 secrets to a good night's sleep", Harvard Healthy Sleep: "Twelve Simple Tips to Improve Your Sleep", WebMD: "Natural Sleep Aides & Supplements", Harvard Health Publishing: "Could what we eat improve our sleep?"



Doctor Verified

Melinda Ratini, DO MS | September 2021



**WebMD**  
HealthServices