

*Seize the Zzzz Sleep Challenge*: ready-to-use message

How to use

1. Share the message below with employees from **February 5 through February 26, 2025.**
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: Sleep your way to well-being.

Did you know you may be able to improve your well-being from bed? By getting enough quality

sleep, you can help manage stress, maintain a healthy weight, and prevent many health

conditions.

To get help sleeping more soundly, register for the SmartHealth Seize the Zzzz challenge today

at **smarthealth.hca.wa.gov**.

**Protect your health**

An estimated 50 to 70 million Americans have a chronic sleep disorder, which can lead to health problems like heart disease, diabetes, obesity and more. The good news is, there are steps you can take to improve your sleep habits and overall well-being.

**Wake up feeling renewed**

Your best days start with a good night’s sleep. While you’re snoozing, your body is getting the rest it needs to help you feel happier, think more clearly, and stay focused for longer.

**How it works**

During Seize the Zzzz, the goal is to get a good night’s sleep each night. Indicate whether you were able to meet the goal (yes or no) on at least 21 days of the 28-day challenge to earn 150 points. The challenge starts February 19 and ends March 18.

You can document your progress each day or go back to report it before the end of the challenge. Track your results at **smarthealth.hca.wa.gov** or on the Wellness At Your Side app.

**You must register by February 26 to participate.**

Note: Employees are encouraged to participate in this challenge during work breaks or outside of work hours.

**SOURCES**

* Centers for Disease Control and Prevention: “[Sleep and Sleep Disorders](https://www.cdc.gov/pcd/issues/2023/23_0197.htm)”
* WebMD: “[Surprising Reasons to Get More Sleep](https://www.webmd.com/sleep-disorders/benefits-sleep-more)”

**END MESSAGE**