



# TRACK YOUR SLEEP

SmartHealth  
April 6 - July 3  
25 points per week



# Track Your Sleep

Tracking sleep habits is a great way to get to the root of sleep issues. Although you may need a little more or less, most experts agree that getting about seven hours of sleep each night is ideal.

Smart[]Health

SIGN IN TODAY

[smarthealth.hca.wa.gov](https://smarthealth.hca.wa.gov)

Prefer mobile? Download the Limeade app and enter the code SmartHealth.

