



Sleep In 2022 Scavenger Hunt

Searching for a good night's sleep!

Instructions: Over the weekend of the Sleep In 2022 (March 18-20), try some of these activities as comfortable and appropriate for you. All are optional. This weekend is about YOU, your sleep, rest, and self-care. You do not need to submit anything back to Project Sleep at the end of the Scavenger Hunt. This is for your own self-reflection and discovery!

1. Get outside for some natural sunlight for at least 10 minutes in the morning to help reset your circadian rhythms. Take a photo, draw, or journal about this.



4. Find a new cozy spot that makes you feel calm or secure. Take a nap or spend a few minutes reflecting on an intention for the day or night ahead.



2. Paint a rock or decorate a poster with a message about sleep, dreams, or rest. Take a photo and post on social media including the hashtag #SleepIn2022 and tagging @project_sleep. (If you paint a rock, keep it for yourself or place it outside for someone else to find! Acrylic paint pens work well for rock painting.)



5. Tune in for one of the live broadcasts over the weekend of the #SleepIn2022. Take a photo, draw a sketch, or write about one takeaway from this broadcast.



3. Make a creative reel to raise awareness about sleep health and/or sleep disorders. Post on Instagram and tag @project_sleep. Three creative reel creators will win Project Sleep prize packs!



6. Disconnect from all technology for 30 minutes. Do something mindful like taking a candle-lit bath, journaling, vision-boarding, reading, dancing, cooking, building a fort, getting outside, or playing a game.

