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.

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.)

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!

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.

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.

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.