



Sleep In 2023 Scavenger Hunt

Searching for a good night's sleep!

Instructions: Over the weekend of the Sleep In 2023 (March 17-19), 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. Prepare for the Art Journaling Workshop by gathering supplies: a journal (8" x 10" journal with spiral binding is recommended but not required), construction paper, crayons, sharpies, colored pencils or markers, old magazines, and any other collage materials that catch your fancy!



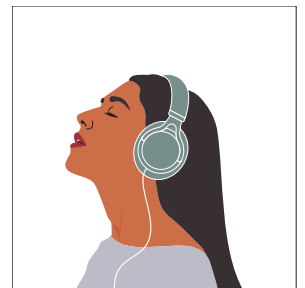
- 3. What's one small way you might improve your space this weekend? Perhaps potting a new plant, hanging a piece of art, or donating 10 things that no longer serve you? Share your home improvement on socials!



- 5. Try dimming the lights one night to use candles or low lighting for a few hours before bed. Combine with a bubble bath if you'd like. Reflect on light and darkness as elements in your life. Take a photo, draw, or journal about this experience.



- 2. Step outside and take a look at the sky as if you've never seen it before. What textures and movements do you notice? Take a photo or video to share your sky with other #SleepIn2023 participants. Getting natural sunlight for at least 10 minutes in the morning helps reset your circadian rhythm.



- 4. Put on your softest clothing and tune in for one of the live broadcasts over the weekend of the #SleepIn2023. Take a photo, draw a sketch, or write about one takeaway from this broadcast.



- 6. Contact your member of the U.S House of Representatives to ask them to "sign on" to the Congressional Sleep Letter in support of the sleep community. Simple steps at: project-sleep.com/advocacy.