



# TRACK YOUR SLEEP

April 6 - July 3  
25 points per week

Great way to get to the  
root of sleep issues

Although you may need a little more or  
less, most experts agree that about  
seven hours of sleep each night is ideal.

SIGN IN TODAY

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

Smart  Health

Prefer mobile?

Download the Limeade app and  
enter the code **SmartHealth**.

