



# TRACK YOUR SLEEP

April 6 - July 3  
25 points per week

Great way to get to the  
root of sleep issues

## TRACK YOUR SLEEP

Although you may need a little more or less, most experts agree that 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**.

