

TRACK YOUR SLEEP

April 6 - July 3
25 points per week

Tracking sleep habits is a great way to get to the root of sleep issues. Although you may need a little more or less, most experts agree that getting about seven hours of sleep each night is ideal.

[SIGN IN TODAY](#)

smarthealth.hca.wa.gov

Smart[]Health

Prefer mobile?

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

