Good Night Sleep Challenge

Catch more ZZZ's and earn points toward your reward.

Experts recommend getting between 7-9 hours of sleep each night. Join the **Good Night Sleep Challenge** and start making little changes in your sleep habits that could help you catch more ZZZ's and improve your overall health.

The Goal

Update your sleep tracker daily. Aim for 7-9 hours of sleep a night for at least 21 days in August 2026.

How The Challenge Works

- Log in to your Sharecare account or register at **BeWellSHBP.com**.

- Find **Challenges** under the **Achieve** icon.

- Click **Join Challenge**.

- Track between 7-9 hours of sleep for 21 days to complete the **Good Night Sleep Challenge** (offered in August 2026).

How Do I Track My Sleep?

There are two ways to track your sleep:

1. **Automatic Tracking:** Sync directly with your wearable device or your smartphone's health app to allow for automatic input of your sleep data.

2. **Manual Tracking:** Each day, log in to the Sharecare app to manually record the time you went to bed and the time you woke up. You can also track your sleep quality.

Have Questions?

Call Sharecare support at **888-616-6411**.