

# SLEEP CHALLENGE



24/7 Phone Support - 877-688-4700



## How to participate

1. Scan the QR Code
2. Download Fortify, Climb, Lift, or Turn
3. Complete the "Rising Up" Journey



## Questions?

**Did you know** that getting to bed one hour earlier can dramatically lower your risk of depression? Let's grab some Z's and watch our dreams of improvement become reality!

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