



Self-Care Challenge:

Sleeping

Physical self-care includes taking the best care of your body or making improvements to your health. Sleep plays a huge part in how your body operates each day. Most adults don't get enough sleep. Today, think about how much sleep you've received in the last week and assess if you need to prioritize sleep.

Read



[Sleep Care as Self-Care:
Why is Sleep So
Important?](#)

Watch



[Sleepcasts meditations
by Headspace](#)

Try Something New



Going to bed one hour earlier each night.

Upgrade Your Care



Adjust your sleeping routine so you sleep earlier and wake earlier.



Share your favorite self-care tip on social media and tag us @NCCommAction on Twitter or Facebook, or @NC Community Action on LinkedIn



Learn more at
nccaa.net/self-care