

# Northwest Permanente Wellness Passport Guidelines

September - November 2015

## Mindful Well-Being: Get 7 Hours of Sleep

### Get 7 Hours of Sleep:

Quality shut-eye is some of the best medicine available. It leads to more energy, helps you handle stress and improves overall well-being. Your system also benefits in countless little-known yet important ways when you get the seven to eight hours nightly that experts recommend.

To get credit for this category, you must record 7 hours of sleep at least 3 nights a week, for 3 weeks.

Send your sleep log along with your answer to the following question to our email: [NWPWellness@kp.org](mailto:NWPWellness@kp.org) to receive credit for this category.

What is the biggest difference you noticed between nights where you got at least 7 hours of sleep and nights where you didn't?

Please submit all documentation to NWP Health & Wellness, KPBC 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)