

Device-Free Zone

Challenge runs: May 13–19

This week we invite you to try a distraction-free sleep zone. Explore ways to disconnect from the newsfeeds and notifications to get the restorative sleep you need.

- Achieve the habit 5 out of 7 days.
- Get easy, step-by-step advice.
- Track to earn **200 points**.



Looking to join? Go to
join.virginpulse.com/Roehl
or the Virgin Pulse mobile app



Unplug from distracting devices to rediscover restful sleep and brighter mornings.

