

**TEST YOUR REST
OCTOBER 2009
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 2,442
ONLINE REPORTING: 2,249, 2,030 compliant
ONLINE SURVEYS COMPLETED: 953

SURVEY RESPONSES

Did you enjoy 7-9 hours of sleep during at least 25 nights in October?

96% YES 4% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Test Your Rest?

86% YES 14% NO

Will you participate in the next program – Train Your Brain?

95% YES 5% NO



STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.73
Recipes	3.53
Website & Tracking	3.84
Overall Program	3.81

PERSONAL BEHAVIOR BEFORE PROGRAM

7-9 hours of sleep each night	3.16
Time Management	3.19
Productivity work/home	3.34
Overall well-being	3.33

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

7-9 hours of sleep each night	3.68	16% increase
Time Management	3.52	10% increase
Productivity work/home	3.63	9% increase
Overall well-being	3.64	9% increase

EMPLOYEE COMMENTS – TEST YOUR REST

Awesome!

Very good program!!!

This has made me realize how valuable those extra hours of sleep can be.

This program helped me to be more aware of my time during the day.

The quotes were great.

Enjoyed the accountability factor!

Great program!

I have found that over all the programs have been very helpful.

There were many nights of cloudiness, so the opportunities to lose sleep and do astronomy were less this month.

Partly as a result of "Test Your Rest", I saw my doctor and discussed my sleep patterns. I had some tests and have been diagnosed with severe obstructive sleep apnea. The doctor told me that, untreated, sleep apnea can lead to stroke, heart problems high blood pressure and circulatory problems in addition to poor quality sleep and lack of energy. I now use a continuous positive airway pressure (CPAP) breathing device and it has made a world of difference. I sleep better, have more energy and I am more productive throughout the day.

The daily reminders kept me on track.

This program encouraged me to cut some TV time and take care of myself. Thanks.

The program really made me aware of how little sleep I'm actually getting and how sleep affects every aspect of my life.

Great recipes!

I know this was for me, but my family participated in it too and we all seemed to feel like we benefited from it.

Thanks! It really made a difference.

These monthly events "remind" us of what we already know but seem to ignore, neglect, or we think we are immune. Thanks.

I really enjoyed test your rest. I have disciplined myself to make sure I get the proper hours of sleep, which I was not getting, as well as evaluate what could be robbing the hours I should have had. I will continue to evaluate my sleep time and guard it as well as share with others what I've learned about sleep! It's vital! Thanks for the challenge!

This program encouraged me to write and submit a small article on sleep apnea for my department news paper (I have sleep apnea and I use CPAP machine religiously).

Very good idea!

I usually go to bed around midnight. I try to go to bed around 10 pm. I realized I feel much better if I gone to bed at 10 pm so I can get at least 8 hours sleep.

While I did not get the 7-9 hrs for 25 days, I have become much more aware of my sleep (or lack of) and how it impacts my day. It was frustrating that I didn't get more sleep!

The e-mails were enjoyable and the recipes were good.

Loved the way I felt in the morning.

Another very good program. Thanks!!

This program allowed me to be more conscious of the importance of getting 7 to 9 hours of sleep. Personal benefits for me were reducing stress and being more disposed to address the daily challenges.

I enjoyed learning about how to get better sleep

I had more energy which enabled me to participate in increased exercise, and I felt better overall.

Very good & very helpful.

Enjoyed the information regarding the importance of 7-9 hrs. of sleep.

Thanks for helping me to be healthier.

I'VE ALWAYS TRYED TO GET 8 HOURS OF SLEEP IT JUST MAKES ME FEEL BETTER.

The recipes for this program were fantastic! Keep up the good work!

Good program. Reinforces good habits and helps us recognize habits that need to be worked on.

The plane healthy exercises are very productive.

I believe that to make change you have to be aware that there is a need. I believe a good night sleep should be a priority to maintain good health. Thank you for making me conscience of the importance of a good night sleep.

Getting the right amount of sleep does make a big difference.

I very much enjoy the daily tips and recipes.

I was able to convince my wife of the importance of proper sleep.

Helped me to give more attention to the importance of trying to get enough sleep/rest.

It's hard to get 7 to 9 hours of sleep when you work the off shifts (8th). I work three 12 hours so it's hard to get the sleep, but you make up for it on your days off.

Planning to keep a consistent sleep schedule even on the weekends. This will train my body to sleep 7 to 9 hours on a regular basis.

Great program!!