

**NATIONAL STEPS CHALLENGE™ SLEEP CHALLENGE
FREQUENTLY ASKED QUESTIONS (FAQs)**

Note: This document covers FAQs pertaining to the Sleep Challenge. For questions on the HPB fitness tracker, other compatible fitness tracking modes, usage of the Healthy 365 app and the National Steps Challenge™, please refer to the FAQ document [here](#).

Visit stepschallenge.gov.sg for more information.

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Section A: General Information

1. What is the Sleep Challenge?

The Sleep Challenge is a pilot programme and an extension of the National Steps Challenge™ to encourage Singaporeans to get sufficient sleep for better health and mental wellbeing. In this first year, the Sleep Challenge is only open for participation by those who have completed all 6 “Steps Rewards” tiers under the National Steps Challenge™ in previous seasons. Participants of the Sleep Challenge will earn daily rewards in the form of Healthpoints for sleeping at least 7-hours a day between 12noon to 11.59am the following day.

2. How to participate in the Sleep Challenge?

Download the latest version of the Healthy 365 app and restore profile. Tap on “Explore” under menu, then tap on “Challenges”. Look for the Sleep Challenge to sign up.

Sleep duration tracking is supported only with the new (Season 6) HPB fitness tracker. Make an appointment to collect a new HPB fitness tracker in order to participate in the Sleep Challenge. To do so, go to the Healthy 365 app and tap on "Home" under Menu. Look for "Book & Manage an Appointment", then tap on "Book & Manage". Tap on “Collect a HPB fitness tracker” and be redirected to our appointment booking site to select a preferred date

and location to collect the new HPB fitness tracker. Collection for the new HPB fitness tracker starts from 11th October 2021, while stocks last.

[Find out how to make an appointment to collect the new HPB fitness tracker.](#)

Upon collection, launch the Healthy 365 app and make sure the new HPB fitness tracker is in proximity. Follow steps on screen to pair and sync the new HPB fitness tracker.

[Learn how to setup your new HPB fitness tracker with the Healthy 365 app.](#)

3. How does the Sleep Challenge work?

Sleep a total of at least 7 hours each day (between 12 noon – 11.59am the next day) and earn 25 Healthpoints. Only sleep duration of at least 2 hours will be recorded and counted towards each day's total sleep duration.

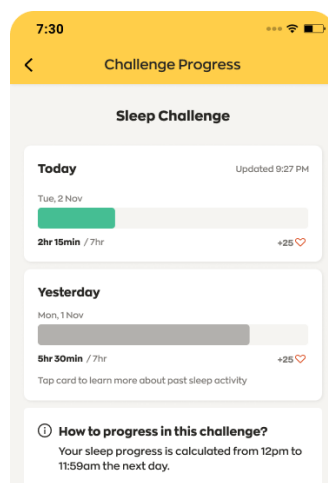
Healthpoints earned for at least 7 hours of sleep each day will be credited to participants' e-wallet the following day at 12 noon, provided the HPB fitness tracker is being synced and sleep records captured. Participants are advised to sync their HPB fitness tracker daily, or at least once every 7 days to avoid losing sleep records.

4. When will the Sleep Challenge start and end?

Registration for the Sleep Challenge starts on **6 Sep 2021, 1200 hours** and ends on **31 Mar 2022, 2359 hours**. The overall challenge period of the Sleep Challenge is from **1 Nov 2021, 1200 hours** and ends on **1 Apr 2022, 2359 hours**.

5. How can I check my progress on the Sleep Challenge?

View progress by tapping on "Challenge Progress" found under "Home" on Healthy 365. Sleep progress for "Today" and "Yesterday" will be shown. Tap on each card for more details on individual sleep durations clocked for the day.



6. Can I track sleep on the Healthy 365 app with my own commercial fitness tracker?

Sleep tracking on the Healthy 365 app is only supported with the Season 6 HPB fitness tracker. Make an appointment to collect the free HPB fitness tracker.

[Find out how to make an appointment to collect the new HPB fitness tracker.](#)

Section B: Registration

7. Who can sign up for the Sleep Challenge?

Sleep Challenge is only open to returning participants of the National Steps Challenge™ who have completed all 6 tiers of “Steps Rewards” in previous seasons. The Sleep Challenge is also open to selected employees from participating public agencies.

Note that participants who signed up for the Sleep Challenge and subsequently sign up for the LumiHealth will be automatically withdrawn from both the Sleep Challenge and the National Steps Challenge™ Season 6. Any rewards that were unlocked prior to joining LumiHealth will still be available for redemption, but they will not be able to earn any additional rewards from the Sleep Challenge and the National Steps Challenge™ Season 6 after joining LumiHealth. For participants who have signed up for LumiHealth and would like to sign up for the Community Challenge subsequently, you will need to withdrawal from LumiHealth first.

8. How do I sign up for the Sleep Challenge?

Smartphone participants

Download the latest version of the Healthy 365 app and restore profile by entering NRIC or FIN, as well as mobile number registered to the profile. A 4-digit One-Time-Pin (OTP) will be sent via SMS to the mobile number. Find “Sleep Challenge” under “Challenges” and tap on “Join Now”. Note that participants signing up for the Sleep Challenge will also be automatically enrolled into the National Steps Challenge™.

Make an appointment to collect the new HPB fitness tracker and pair and sync it to the Healthy 365 app. All participants eligible for the Sleep Challenge will be eligible to collect a new HPB fitness tracker from 11th October onwards, while stocks last.

[Find out how to make an appointment to collect the new HPB fitness tracker.](#)

Non-smartphone participants

Participants without a compatible smartphone to download the Healthy 365 app may do so by restoring profile on a family or friend’s Healthy 365 app. Follow steps described above to sign up for the Sleep Challenge before making an appointment to collect the new HPB fitness tracker starting from 11th October onwards, while stocks last.

Make sure to sync the fitness tracker by logging in using a family or friend’s Healthy 365 app at least once every 7 days to avoid losing records.

9. When does registration for the Sleep Challenge start and end?

Registration for the Sleep Challenge starts on **6 Sep 2021, 1200 hours** and ends on **31 Mar 2022, 1159 hours**.

10. Do I have to pay to participate in the Sleep Challenge?

Participation in the sleep Challenge is free of charge.

11. How do I withdraw from the Sleep Challenge, and is there any penalty to do so?

To withdraw from the Sleep Challenge, email stepschallenge@hpb.gov.sg or call **1800 567 2020** to do so. Any rewards that were unlocked prior to withdrawal will remain available for redemption, but you will not be able to earn any additional rewards from the National Steps Challenge™ Season 6.

Section C: Tracker Collection

12. Am I eligible to collect the new HPB fitness tracker?

All participants of the Sleep Challenge are eligible for collection of the new HPB fitness tracker. Collection starts on 11th Oct 2021, while stocks last.

13. How do I book an appointment to collect the new HPB fitness tracker?

Sleep Challenge participants may book an appointment on the Healthy 365 app to collect their trackers from various distribution sites. Please note that collection is strictly by appointment basis only.

1. On the Home page under Recommendations, select “Book & Manage an appointment”.
2. Tap “Collect a HPB fitness tracker” and be redirected to the appointment booking site.
3. Select preferred collection location, date and timeslot.
4. Review appointment details.
5. A one-time password (OTP) will be sent to the mobile number provided on confirmation.
6. Choose to authorise someone else to collect the fitness tracker after the appointment is confirmed.

[Find out how to make an appointment to collect the new HPB fitness tracker.](#)

Section D: Season 6 HPB Fitness Tracker

14. What are the available models of the new HPB fitness trackers, and what features are there?

The new HPB fitness trackers in Season 6 are Axtro Fit 3 and Tempo 4C. Selection of model is strictly not allowed and both models come with the same features:

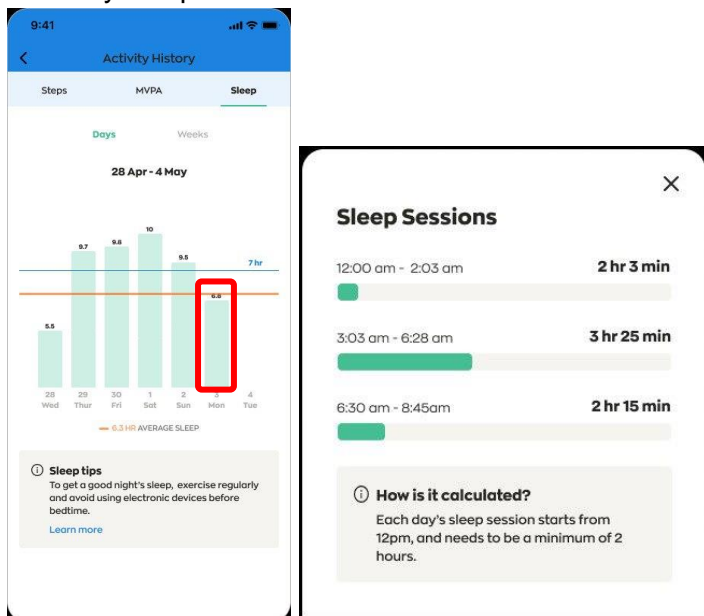
Features include:

- Date/Time
- Steps tracking

- Heart rate tracking
- Workout mode, including walking, running, cycling and others
- SpO2 measurement
 - SpO2 measures the saturation of oxygen in blood, which represents the percentage of oxygen in your blood.
- Sleep duration tracking
 - Sleep duration tracking is only available to those eligible to participate in the Sleep Challenge.
 - Sleep duration is only viewable on the Healthy 365 app after syncing.

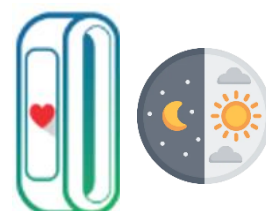
15. How can I see my sleep duration on the HPB fitness tracker?

Sleep duration will not be shown on the HPB fitness tracker. To view sleep duration, go to the Healthy 365 app. Tap on “Activity Summary” under “Home” to see total sleep duration by “Days” or “Weeks”. To view details of sleep sessions each day, tap on each bar under “Days”. Note that only sleep duration of at least 2-hours will be recorded.



16. What can I do for accurate sleep tracking on the HPB fitness tracker?

1. Wear the HPB fitness tracker snugly on the wrist, at least 1 finger width away from the wrist bone.
2. Continue to wear the HPB fitness tracker as you go about your daily activities before, during and after sleep. The HPB fitness tracker will automatically track sleep duration based on changes in body movement and heart rate.



Note: The HPB fitness tracker is water-resistant but not waterproof. Please do not swim or shower with the fitness tracker.

3. Make sure the sensor on the back of the HPB fitness tracker is clean, dry, and free from foreign objects.

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4. When not wearing the fitness tracker, place it with the screen facing down to avoid affecting the sensor on the back of the HPB fitness tracker.



17. What should I do if the HPB fitness tracker is not accurately tracking sleep?

Note that each day's sleep is counted from 12 noon to 11.59am the following day. Only sleep duration of at least 2hours will be recorded. Make sure the sensor on the back of the HPB fitness tracker is clean, dry, and free from foreign objects. If you still experience problems with tracking sleep on your HPB fitness tracker, email stepschallenge@hpb.gov.sg or call **1800 567 2020**.

18. Is the sleep duration tracking by the HPB fitness tracker accurate?

The HPB fitness trackers are provided as a public service and are meant to provide participants with information to encourage an active and healthy lifestyle. HPB fitness trackers and compatible fitness tracking devices are intended to be a close estimation of participants' activities and metrics tracked but may not be precisely accurate. The HPB fitness trackers are not medical devices and the data provided is not intended to be utilised and/or relied on for medical purposes. As this is the first year that HPB is introducing sleep duration tracking, findings and feedback from participants will help further improve the design of the mechanics and accuracy of the fitness trackers.

Section E: Challenge Mechanics

19. How do I clock my sleep?

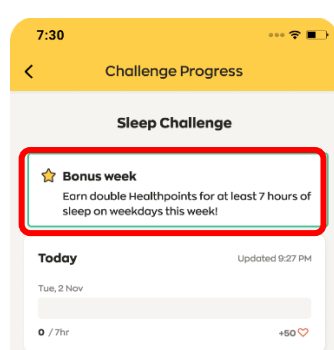
Wear the HPB fitness tracker before, during and after sleep. Ensure that the HPB fitness tracker is worn snugly on the wrist, at least 1 finger width away from the wrist bone. The HPB fitness tracker will automatically track sleep duration based on changes in body movement and heart rate. To see the sleep duration clocked, launch the Healthy 365 app, sync your HPB fitness tracker and go to "Activity Summary" under "Home". Note that only sleep duration of at least 2-hours will be recorded, and each day is counted from 12 noon to 11.59am the next day.

20. How do I earn rewards on the Sleep Challenge?

Earn up to \$30 worth of Healthpoints during the official challenge period from **1 Nov 2021, 1200 hours** to **1 April 2022, 1159am**. Sleep 7 hours between 12 noon to 11.59am the next day to earn 25 Healthpoints each. Healthpoints will be automatically credited to the e-wallet on Healthy 365 after 12 noon the next day. To check progress, tap “Challenge Progress” under “Home” on the Healthy 365. Note that only sleep duration of at least 2-hours will be recorded.

21. What are “Bonus Weeks”?

During “Bonus Weeks”, earn double the Healthpoints (i.e. 50 Healthpoints) for clocking 7 hours of sleep on weekdays. Participants will be notified via in-app notification on the Healthy 365 app, as well as tapping on “Challenge Progress” under “Home”.



22. How do I redeem Healthpoints earned from the Sleep Challenge?

Participants can redeem Healthpoints for rewards comprising e-Vouchers that can be used at various merchants. Healthpoints earned for 7 hours of sleep each day during the Challenge period, counted from 12 noon to 11.59am will be directly credited into participant’s e-wallet after 12 noon the next day. Participants may select a reward of their choice. Once the reward has been submitted, it cannot be changed.

For more information on redeeming Healthpoints, refer to our [guide](#)

23. I am a shift worker who sleeps in the day, does it mean that I will not be able to earn rewards under the Sleep Challenge?

Shift workers who sleep cross 12 noon each day will have their sleep duration cut off at 11.59am. Only sleep duration of at least 2 hours before 11.59am and after 12 noon will be counted towards the previous and following day’s total sleep durations respectively.

Section F: Understanding Sleep

24. What is the recommended sleep duration of 7 hours based on?

Currently, there are no local guidelines on the sleep duration recommendation for adult population. The recommended sleep duration is based on the US National Sleep Foundation, which set up an expert panel of 18 people from different fields of science and medicine. The

panel reviewed hundreds of validated research studies, voted, and discussed extensively before putting forth the set of recommended sleep duration.

25. Is it true that older persons require less sleep?

No, it is not true. The National Sleep Foundation advises at least 7 hours of sleep for older adults aged 65 and above, same as those aged 18 to 64 years old.

However, some older adults may find it harder to get enough sleep as there are some lifestyle changes that may come with ageing, for e.g. retirement leading to less working outside of home and possibly more napping and less structured sleep schedule. Hence, it is important to adopt tips such as exercising regularly, avoiding electronic use at least 30 minutes before bedtime etc. to help achieve the recommended sleep duration.

26. I read that teens aged 17 years old need at least 8 hours of sleep. Why does the Sleep Challenge set a sleep duration target of 7 hours for eligible participants aged 17 years old?

The National Sleep Foundation recommends teens aged 14 to 17 years old to get 8 to 10 hours of sleep a day. However, local studies have found that most Singapore teens (aged 13-19) don't get enough sleep (i.e. 8 to 10 hours) on school nights. Hence, as part of the Sleep Challenge, we would like to encourage teens to make small steps towards achieving sufficient sleep, by setting the target as 7 hours of sleep.

Reference: Sing C. Y et al. (2019). Associations of sleep duration on school nights with self-rated health, overweight, and depression symptoms in adolescents: problems and possible solutions, *Sleep Medicine*, 60: 96-108.

27. I feel that I can work and function productively even with little sleep. Should I still aim for 7 hours of sleep?

Getting less than 7 hours of sleep on a regular basis, can eventually lead to health consequences that affect your body. For instance, sleep deprivation has been linked to cardiovascular problems including high blood pressure, heart disease, heart attack and stroke. Insufficient sleep also appears to increase the risk of diabetes. Poor sleep also has strong associations with conditions such as depression, anxiety and bipolar disorder. Therefore, it is important to try to aim for 7 hours of sleep.

Reference:

1. Hovenaar-Blom, M. P., Spijkerman, A. M., Kromhout, D., van den Berg, J. F., & Verschuren, W. M. (2011). Sleep duration and sleep quality in relation to 12-year cardiovascular disease incidence: The MORGEN study. *Sleep*, 34(11), 1487–1492.
2. Zizi, F., Jean-Louis, G., Brown, C. D., Ogedegbe, G., Boutin-Foster, C., & McFarlane, S. I. (2010). Sleep duration and the risk of diabetes mellitus: Epidemiologic evidence and pathophysiologic insights. *Current Diabetes Reports*, 10(1), 43–47.
3. Gregory, A. M., Rijsdijk, F. V., Lau, J. Y., Dahl, R. E., & Eley, T. C. (2009). The direction of longitudinal associations between sleep problems and depression symptoms: A study of twins aged 8 and 10 years. *Sleep*, 32(2), 189–199.

28. My partner’s snoring affects my sleep. What should I do?

Firstly, we need to understand the cause of the snoring. Snoring can be due to the anatomy of the mouth and throat. Other possible causes include cold, allergy, being overweight on sleeping on the back. In some cases, snoring may be linked to a sleep disorder known as obstructive sleep apnea. Please talk to a doctor to address any concerns. .

Nonetheless, there are some ways to help alleviate causes of snoring. For example, managing weight to achieve a healthy BMI, changing sleep positions, or raising the head on a pillow.

It may not be easy to address the causes of snoring overnight. Consider short-term solutions to cope, such as wearing earplugs to sleep, or using a white noise machine, white noise application or an electric fan to help drown the sound of mild snoring.

29. What should I do if I just can’t fall asleep?

Lying awake in bed for too long can create an unhealthy mental association between the sleeping environment and wakefulness. Instead, create positive associations that promotes thoughts and feelings conducive to sleep. If still awake after 20 minutes of being in bed, try getting up and doing another activity. For example, move to another part of the home to do something soothing, such as reading or listening to gentle music.

30. What type of pillows or mattress can help me sleep better?

Find a pillow or mattress that can provide the support required as everyone has different preferences and needs. Consider also other criteria such as breathable materials that can help to keep the body cool during sleep.

31. I am diagnosed with disorder or on medication that affects my sleep. Can Healthpoints be given for a lower sleep target?

Unfortunately, we are not able to award Healthpoints for total sleep duration lesser than 7 hours a day. As this a pilot programme, HPB will be constantly reviewing and improving the mechanics for future scale-up.

32. What should I do if I have concerns about my sleep?

Consult a doctor or a sleep specialist, especially if sleep problems persist, interferes with general wellbeing and emotions, or the ability to function productively during the day.

Refer to list of Sleep Centres below to seek medical advice.

Singapore General Hospital, Sleep Disorders Clinic (Consult at a Polyclinic for referral letter to enjoy subsidised rates)	Address: SingHealth Tower (Outram Community Hospital), Level 3 Opening Hours: Appointment-based; no walk-ins Tel: 6321 4377
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<p>KK Women's and Children's Hospital</p>	<p>Address: 100 Bukit Timah Rd, Singapore 229899</p> <p>Opening Hours: Open 24 hours</p> <p>Tel: 6225 5554</p>
<p>Changi General Hospital, Department of Sleep Medicine, Surgery & Science</p>	<p>Address: 2 Simei Street 3, Medical Centre Level 2D (Lung Clinic & Integrated Sleep centre) and 8 (Sleep Laboratory), Singapore 529889</p> <p>Opening Hours: Mon – Fri: 8:30am – 5:30pm Sat: 8:30am – 12:30pm Closed on Sun and PH</p> <p>Tel: 6788 8833 Appointment for Specialist Clinics: 6850 3333</p>
<p>Sengkang General Hospital, Sleep Clinic</p>	<p>Address: Sengkang General Hospital, Medical Centre, Level 6E, 110 Sengkang East Way, Singapore 544886</p> <p>Opening Hours: Mon – Fri: 8.30am – 5.30pm Closed on Sat, Sun and PH</p> <p>Tel: 6930 6000</p>
<p>National Neuroscience Institute, Sleep Disorder Clinic</p>	<p>Address: NNI @ TTSH Campus, Neuroscience Clinic, Level 1, National Neuroscience Institute 11 Jalan Tan Tock Seng, Singapore 308433</p> <p>Opening Hours (Clinic): Mon – Wed, Fri: 8.00am to 5.30pm Thu: 8.00am to 5.00pm Closed on Sat, Sun and PH</p> <p>Tel: 6330 6363</p> <hr/> <p>Address: NNI @ SGH Campus, Neuroscience Clinic, Block 3, Singapore General Hospital, Outram Road, Singapore 169608</p> <p>Operating Hours (Clinic): Mon – Fri: 8.00am to 6.00pm Sat: 8.00am to 1.00pm Closed on Sun and PH</p> <p>Tel: 6321 4377</p>

National Dental Centre Singapore

Address: 5 Second Hospital Ave, Singapore
168938

Opening Hours:
Mon – Fri: 8.00am - 5:30pm
Closed on Sat, Sun and PH

Tel: 6324 8802