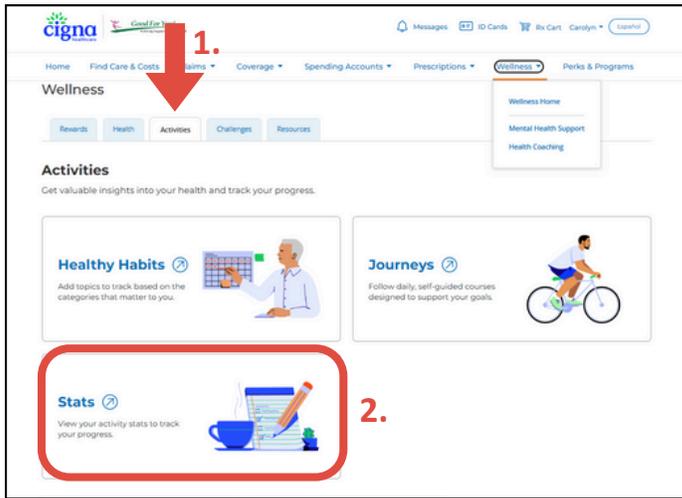
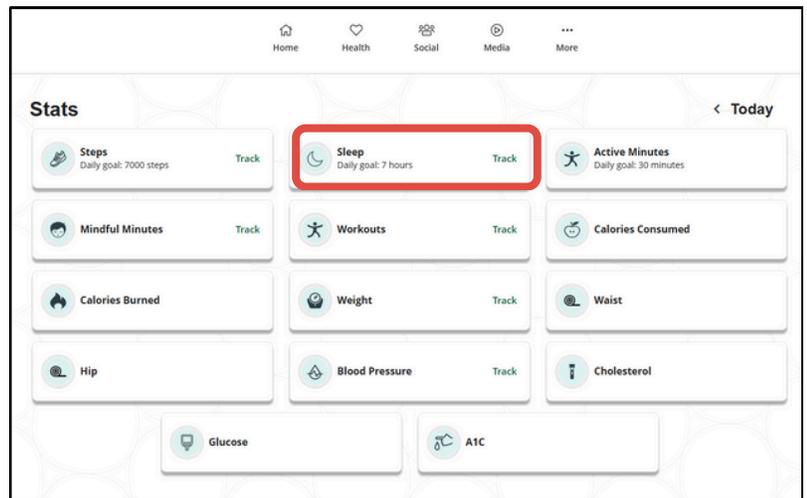


# Manually Tracking Your Hours of Sleep

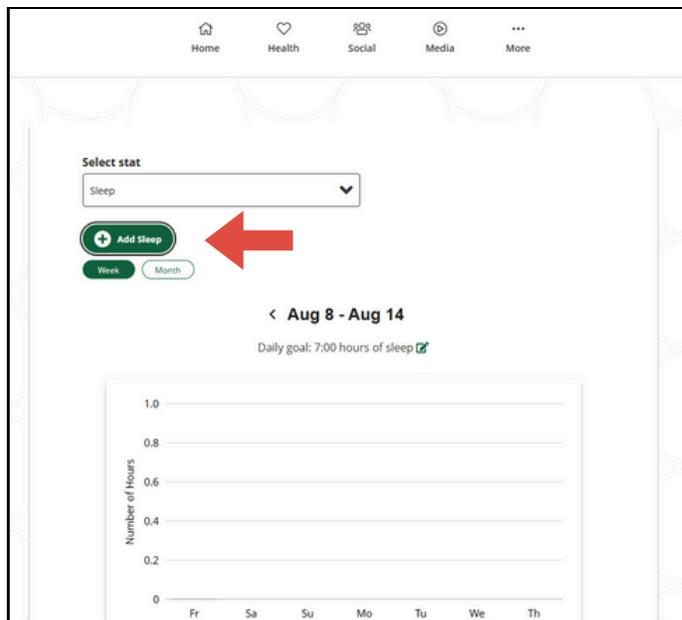
To start: Login to [myCigna.com](https://myCigna.com) and click on **Wellness Home** under the **Wellness Menu**



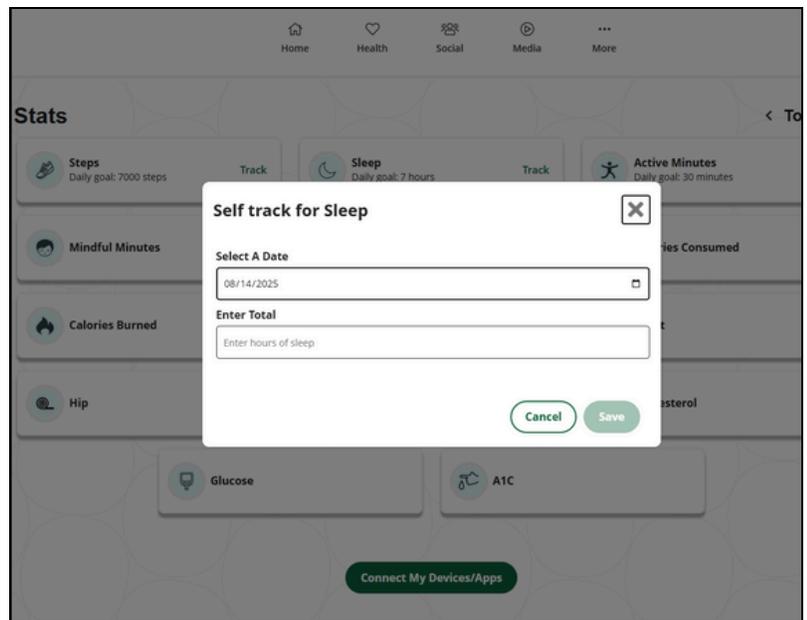
1. Click on the **Activities** tab
2. Click **Stats**



Click the **Sleep** tile on the **Stats** page



Click the **Add Sleep** button

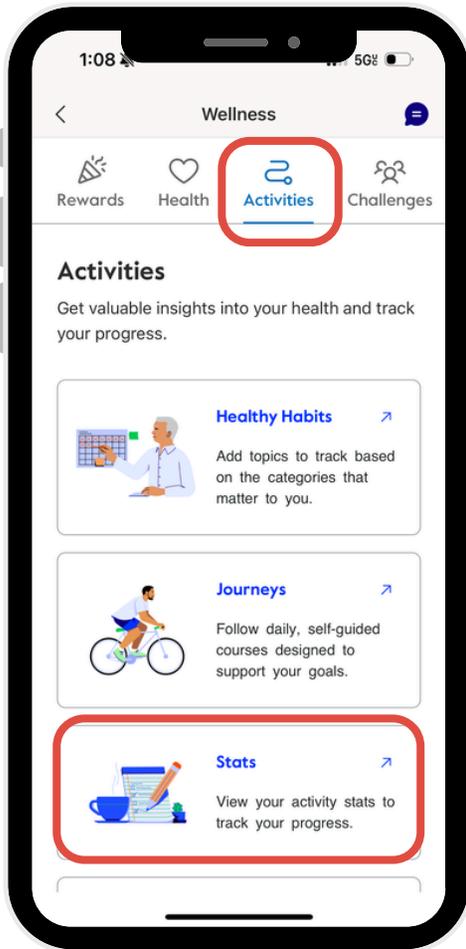


1. Enter the **date**
2. Enter **number of hours slept**
3. Click **“Save”**

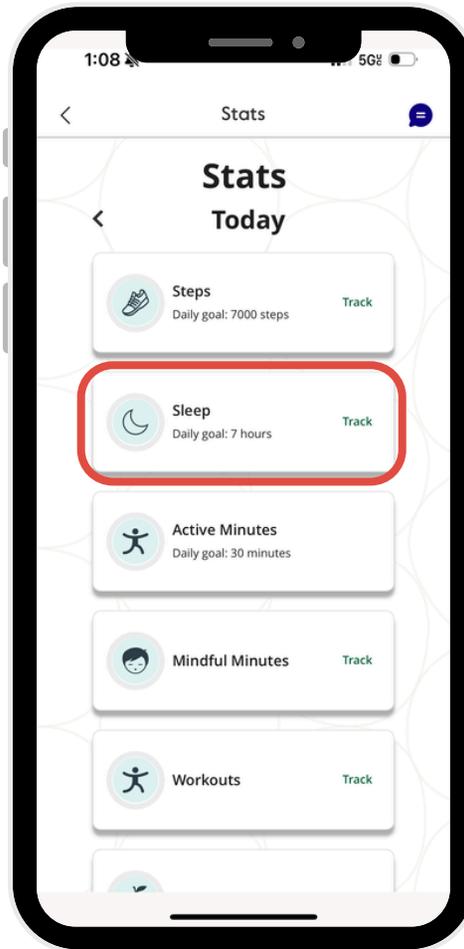
# Manually Tracking Your Hours of Sleep

Login to the **Cigna app** and tap **Wellness**

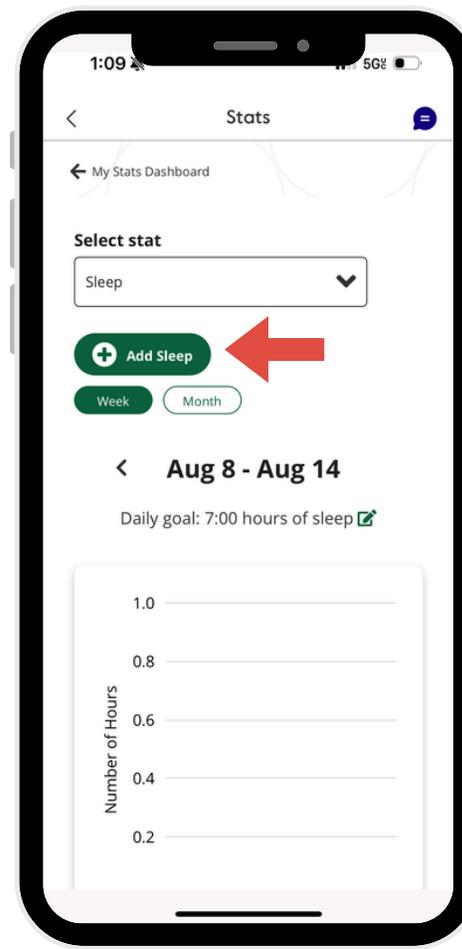
Tap **Activities** at the top, then tap **Stats**



Tap **Sleep** in the **Stats** menu



Tap the **Add Sleep** button



Enter the **date**, enter **number of hours slept** & tap **“Save”**

