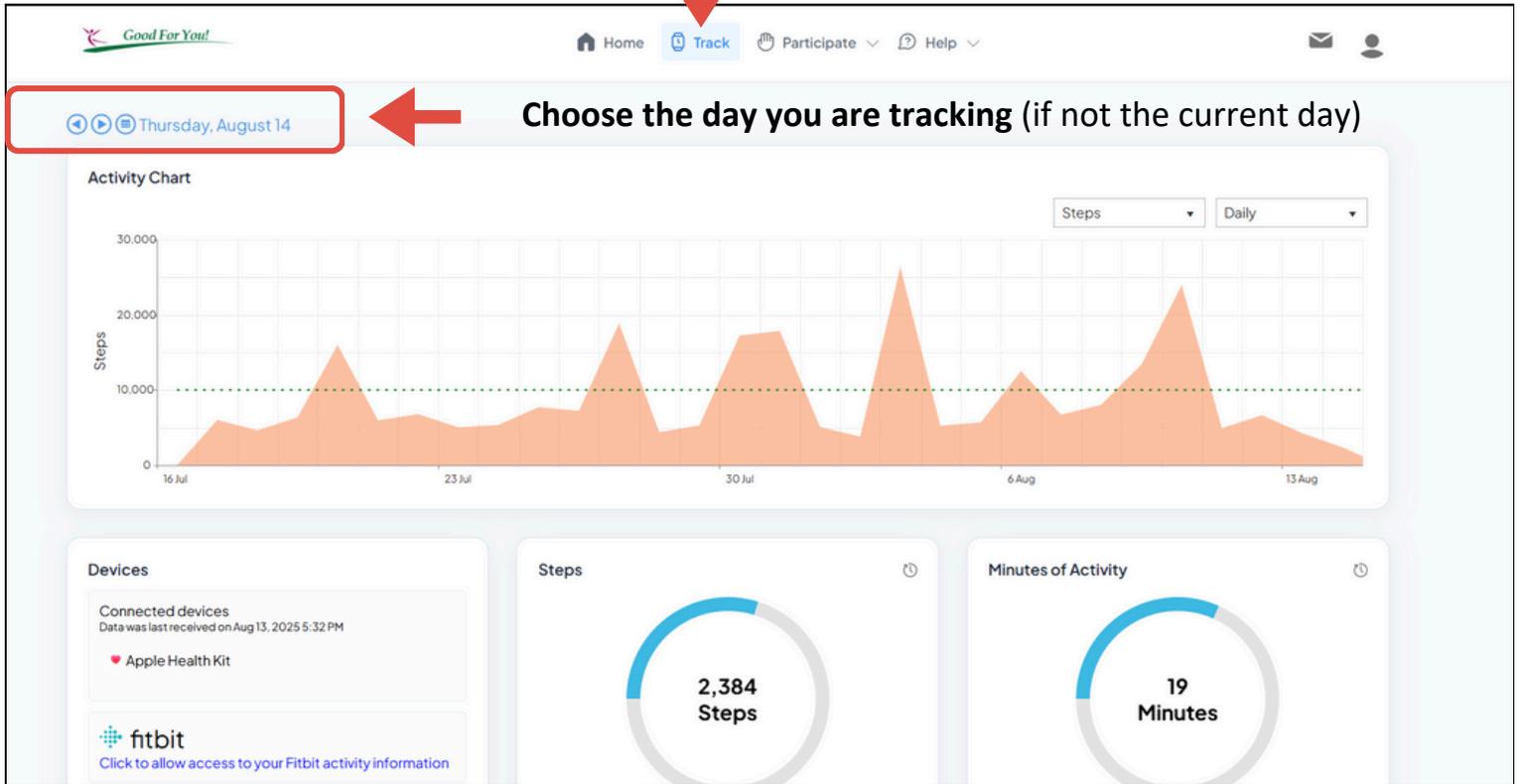


Manually Tracking Your Hours of Sleep

Login to the [Healthy Life website](#) click the **Track** menu



Good For You!

Home Track Participate Help

Thursday, August 14

Choose the day you are tracking (if not the current day)

Activity Chart

Steps Daily

Steps

16 Jul 23 Jul 30 Jul 6 Aug 13 Aug

Devices

Connected devices
Data was last received on Aug 13, 2025 5:32 PM

- Apple Health Kit

fitbit
Click to allow access to your Fitbit activity information

Steps

2,384 Steps

Minutes of Activity

19 Minutes



Scroll down to the **Activity** panel and click on **pillow** graphic reflecting the number of hours slept



Activity

Hours of Sleep

7

Glasses of Water

0

Mindfulness

0

Servings of Fruits & Vegetables

0

Servings of Protein

0

Servings of Grain

0

Manually Tracking Your Hours of Sleep

Login to the **MyWell App** and tap on the **hamburger menu** at top right 

Tap **Track**

Choose the **day you are tracking for** (if not the current day)

Scroll down to the **Activity** panel

Tap on the **pillow** reflecting the **number of the hours slept**

