

# Your Bed...

...is not an option tonight.

You are giving it up in favor of an uncomfortable night's sleep on your floor, the couch, in your backyard, or elsewhere (as long as it's safe and legal).



# Resist...

...the temptation to climb back into bed.

Take off the sheets and blankets, cover your bed with laundry, put up caution tape, or shut your bedroom door.

# Share...

...a photo of your "destroyed" bed and your Sleep Out spot for the night.

Let your followers know why you're giving up your bed and uses #chsleepout to join the global conversation.



**SLEEP  
OUT**



**ONE PURPOSE.  
ONE NIGHT.**