



## TIMELINE



Presented by  DELTA

The Sleep Out America night will officially start at 8pm local time on November 22 and continue through 7am local time November 23. These hours are meant to align with what a homeless youth may experience while on the street and without shelter. If you need to alter the timing (or Sleep Out on a different night) to fit your or your group's schedule, use the outline below as a guide to your Sleep Out.

### SUGGESTED TIMELINE

- 8:00pm: Tune in to [sleepoutamerica.org](http://sleepoutamerica.org) to watch the Sleep Out America Kick-Off Video
- 8:05pm – 8:30pm: Review the Conversation Starters & Videos prior to heading outdoors. Chat with our team and other participants on Facebook to ask any questions and prepare for the night.
- 8:30pm: Head outside with your sleeping bag, cardboard box, smartphone, and other basic supplies to Sleep Out
- 8:30pm – morning: Sleep Out
- Use your phone to join the nationwide conversation:
- Take photos and post on social ([#sleepoutamerica](https://twitter.com/sleepoutamerica))
  - Join the online chat with other Sleep Out participants
  - Use the provided Conversation Starters to go deep with your group about what you're doing and why you're doing it
- 6:00am: View the closing video at [sleepoutamerica.org](http://sleepoutamerica.org)
- 6:00am – 8:00am: Reflect on the experience. Consider what it felt like to wake up outside and share openly and honestly with your group or on social media ([#sleepoutamerica](https://twitter.com/sleepoutamerica)) before you leave your Sleep Out location.
- Post-Sleep Out: Find time to thank your donors. Share a story and photo of your Sleep Out, and let them know how much you appreciate their support.

Questions? Reach out to us at [sleepoutamerica@covenanthouse.org](mailto:sleepoutamerica@covenanthouse.org)