Follow-up to Sleep

Session 7
Sleep Activities

• Were there things you changed in your bedroom to facilitate sleep?
• What experiences did you have with using sound in your bedroom?
• What time did you choose to separate ‘day’ and ‘night’ activities?
Review of Activities

• What were your experiences using relaxation techniques?
• What were your experiences using imagery?
• Let’s look at your Sleep Diary about food and activities during the day and night.