Follow-up to Sleep Session
Sleep Activities

• What changes did you make in your activities or in your bedroom to improve sleep?
• What experiences did you have with using sound in your bedroom?
• What time did you choose to separate ‘day’ and ‘night’ activities?
Activities

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