

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.

