

3. Strategies for getting healthy sleep - You can control your sleep environment!

a) Describe an appropriate environment for getting a good night's sleep

4. Strategies for getting healthy sleep - You can control what you do during the day and before bed!

Give at least 4 examples of what you can do during the day (and close to bed) time that will help you get to sleep and have a healthy sleep.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

5. Strategies for getting healthy sleep - You can control what you do when you are falling asleep!

Give at least 2 ideas for what you can do to help you fall asleep once in bed.

6. What are at least three things you can do or change personally to help you get a better sleep? Of all these strategies and "controls," what are the ones that are meaningful to you and that you think you might want to try out to help you get to sleep and to sleep better?

- a) _____
- b) _____
- c) _____