

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.

