

Healthy Lifestyle Program

Module 4: Better Sleep, Better You

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| SMART Goal: | |
| Objectives: | <ul style="list-style-type: none">• Learn how sleep benefits our health and wellness• Identify your current sleep habits and areas for improvement• Implement best practices to get the highest quality sleep |

How Sleep Works

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|--------------------------------------|--|
| Circadian Rhythms | |
| How does sleep affect health? | |
| How much sleep is enough? | |
| Sleep Disorders | |
| Losing Sleep | |
| Sleep Habits | |
| How to Improve Sleep Quality | |

Using a Sleep Journal

Use this sleep journal to track your sleep for a week

| Day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Bedtime | | | | | | | |
| Wake time | | | | | | | |
| Hours Slept | | | | | | | |
| Number of Sleep Interruptions | | | | | | | |
| Sleep Quality (out of 5) | | | | | | | |
| Mood | | | | | | | |