

Week 5 – Video 14 Homework

- ✓ Reflect on current sleeping habits
 - How much sleep are you getting?
 - How is the quality of your sleep?
 - What daytime activities may be affecting your sleep?
 - What are you doing in the hours leading up to bedtime?
 - What do you do in bed?
 - How much of the time spent in bed are you sleeping?
- ✓ Create a healthy sleep routine and apply it
- ✓ (Optional) Track your sleep with a sleep diary over 1 week
- ✓ Practice meditation and/or body scan before bed
 - 5 minutes minimum!
- ✓ Practice loving-kindness
- ✓ Meditate/breathe throughout the day
- ✓ Continue on value-based goals
- ✓ Continue on exercise goals
 - Did exercise help with sleep?
- ✓ Sleep resource:

https://greatergood.berkeley.edu/article/item/your_sleep_tonight_change_s_how_you_react_to_stress_tomorrow?utm_source=Greater+Good+Science+Center&utm_campaign=5f6768e6cd-EMAIL_CAMPAIGN_GG_Newsletter_December_17&utm_medium=email&utm_term=0_5ae73e326e-5f6768e6cd-74369575