

Week 7 – Video 20 Homework

- ✓ Journal about your sleep
 - What changes have you made?
 - How has the quality and quantity of your sleep changed?
 - Did you try sleep compression therapy?
 - What sleep hygiene tips have been helpful for you?
 - Consider completing a sleep diary over the next week
 - Are there any other areas in your sleep routine that can benefit from change?
- ✓ Review loving-kindness practices
- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals