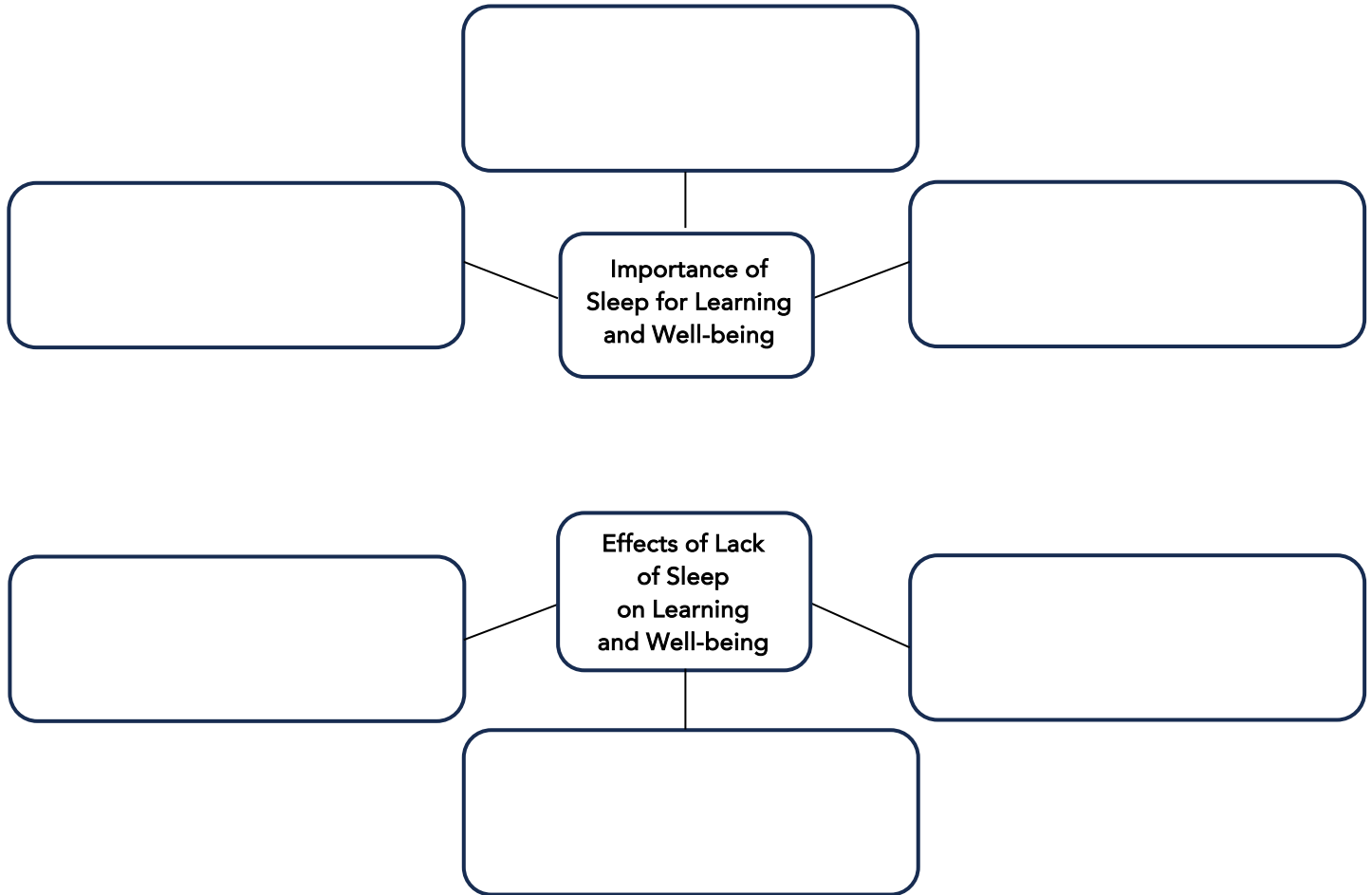




### Get Started:

As you watch the video, take notes using the prompts and graphic organizer provided below.



### Application: Create a good sleep routine.

Consider the list of sleep suggestions below to create a personalized sleep routine. In the space provided, write how you plan to incorporate these habits, including specifics to make it work for you. Include how you hope it will benefit your schoolwork and well-being.

- Get your sleep on a consistent schedule.
- Ensure your feet are warm.
- Engage in light exercise in the evening.
- Read from paper before you fall asleep.
- Create boundaries to limit certain activities and help you wind down.
- Keep a notepad next to your bed to write down lingering thoughts.

### Your Sleep Routine:

*“Good habits now...can help you with sleep throughout your life when it may be harder to fall asleep”  
– Coach Rudy*