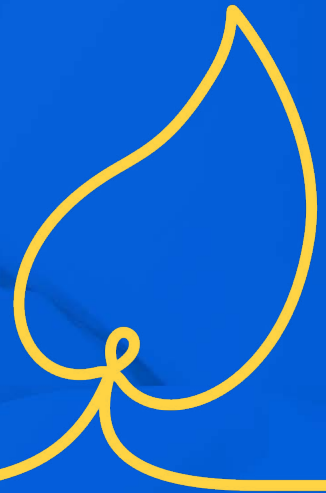




Sleep Habit Management Coaching

Sleep health habits coaching program



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The information presented here is not a substitute for medical advice. Please ask your health care professional how your own medical conditions and history may affect your sleep habits.

You will see links or references to resources on the LifeWorks platform (login.lifeworks.com) throughout this booklet. To access these, you will need to log in with your username and password. If you do not know your login credentials, ask your health coach or your HR representative.

Written with the help of LifeWorks Health & Wellness Coaches:

Coach Wendy holds a Master Degree of Health Education and is a 20+ year veteran in the health and wellness field. She is also a Master Certified Health Education Specialist, Wellcoaches Certified Health & Wellness Coach, National Board-Certified Health & Wellness Coach (ICHWC), and Diabetes Prevention Lifestyle Coach



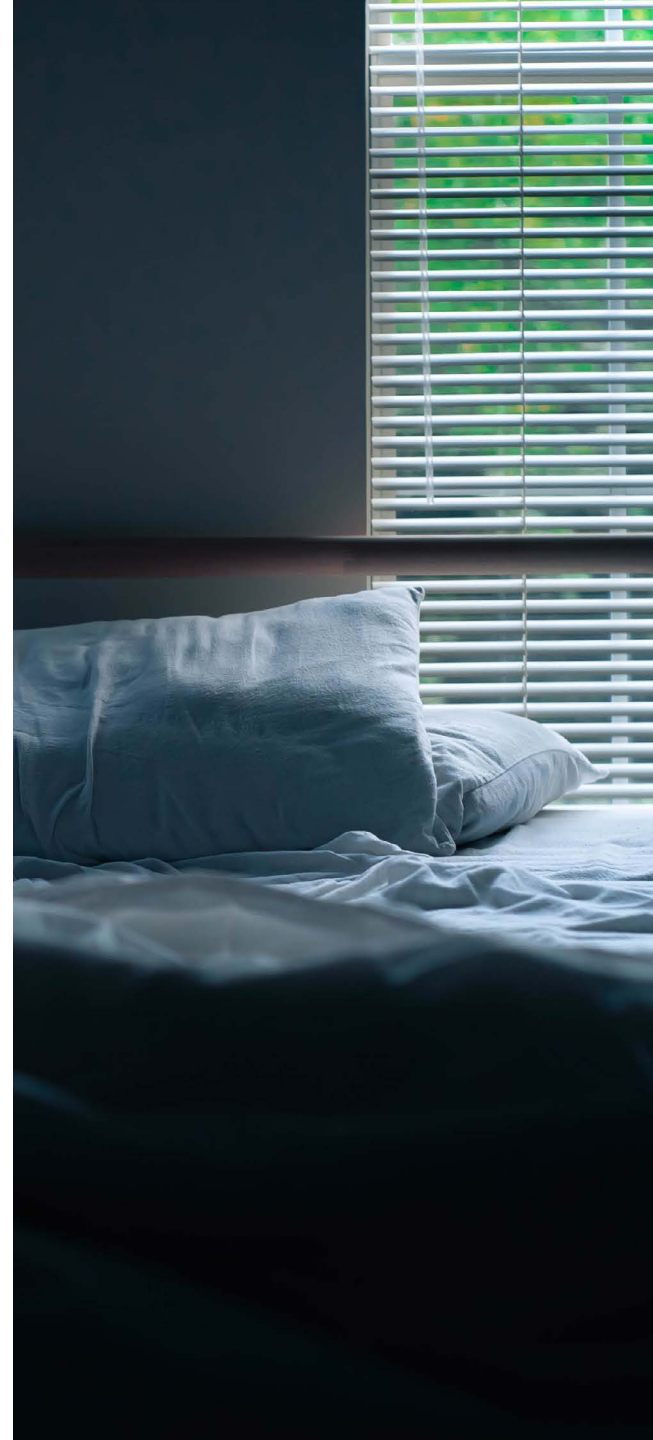
"I am sleeping so much better since setting healthy sleep goals and making the changes needed to improve my nighttime routine."

-LifeWorks health coaching participant

Introduction

Sleep is as vital to us as the water we drink or the air we breathe. It is the time that the body restores, rebalances, and renews. And yet we often accept lack of sleep as a fact of life in today's busy world and undervalue the importance of a good night's sleep. Few of us know and understand what sleep wellness really means. The good news is this program will give you the tools you need to improve the quality or alter the quantity of the sleep you're getting. You are about to embark on a program to help you find answers to important questions about your sleep health and adopt habits to help improve your quality of sleep.

Researchers agree that sleep matters as much for our overall health as eating a healthy diet or getting regular exercise. Getting too little sleep, even for a night or two, can leave us feeling exhausted, forgetful, irritable, and more likely to make mistakes. Chronic sleep deprivation has been linked to a number of health problems, including obesity, diabetes, cardiovascular disease, even a shorter lifespan. Studies have shown that a large proportion of traffic accidents around the world are linked to inadequate or disordered sleep, which results in decreased driver alertness and accidents causing serious injuries and deaths.



It's likely you are reading this booklet because you are not getting good quality sleep and would like to improve your sleep habits.

Together, working with a health coach, we will help you:

- look at your current sleep habits
- set goals to make lasting changes
- identify and change behaviors to improve your quality of sleep
- stay motivated as you work toward your goal of a better night's sleep

During the coaching process, you will meet with your coach by phone for an initial assessment session. Follow-up sessions will occur every two to four weeks until you have completed all sessions or you feel you have achieved your goals and are confident moving forward on your own. Together you will identify current barriers to sleep, establish strategies for overcoming them, and create specific goals for better sleep habits.

This booklet includes some "homework." You will find four exercises—pages to print or fill out—about your sleep habits, goals, and more. You can review these exercises with your health coach.

How will you know when you're ready to "graduate" from the health coaching program? When the quality of your sleep has improved from the time the program has started. That's our goal, and that's yours, too. We will work together to help you get there.



Roughly one-third of the adult population sleeps fewer than the 7 to 9 hours each day recommended by leading authorities.

-Centers for Disease Control and Prevention

Sleep, health, and well-being

We all know we need to get a good night's sleep to function at our best. But millions of us fail to get the rest we need. We shortchange ourselves and get by on far less sleep than we need. We sandwich sleep into our busy and overscheduled lives like a fast-food meal. We don't make sleep a priority or view it as an essential step to the start of a new day.

Many of us have sleep issues and poor sleep habits. Consider these facts:

- The National Sleep Foundation (NSF) estimates one in five Americans has difficulty falling asleep almost every night.
- More than 30 percent of human resources leaders have personally witnessed or heard about a co-worker falling asleep on the job, according to a LifeWorks survey of HR leaders.
- One out of five motor vehicle accidents is related to drivers who are just too tired to drive, according to research by the Division of Sleep Medicine at Harvard Medical School.

Lack of sleep has many negative effects on our physical health as well.

Studies have shown that people who don't get enough sleep:

- have higher rates of hypertension (high blood pressure), cardiovascular disease, and heart attacks
- are more prone to diabetes
- are subject to hormonal effects linked to weight gain and obesity

- have increased risk of emotional disorders like depression and anxiety
- have a shorter life expectancy

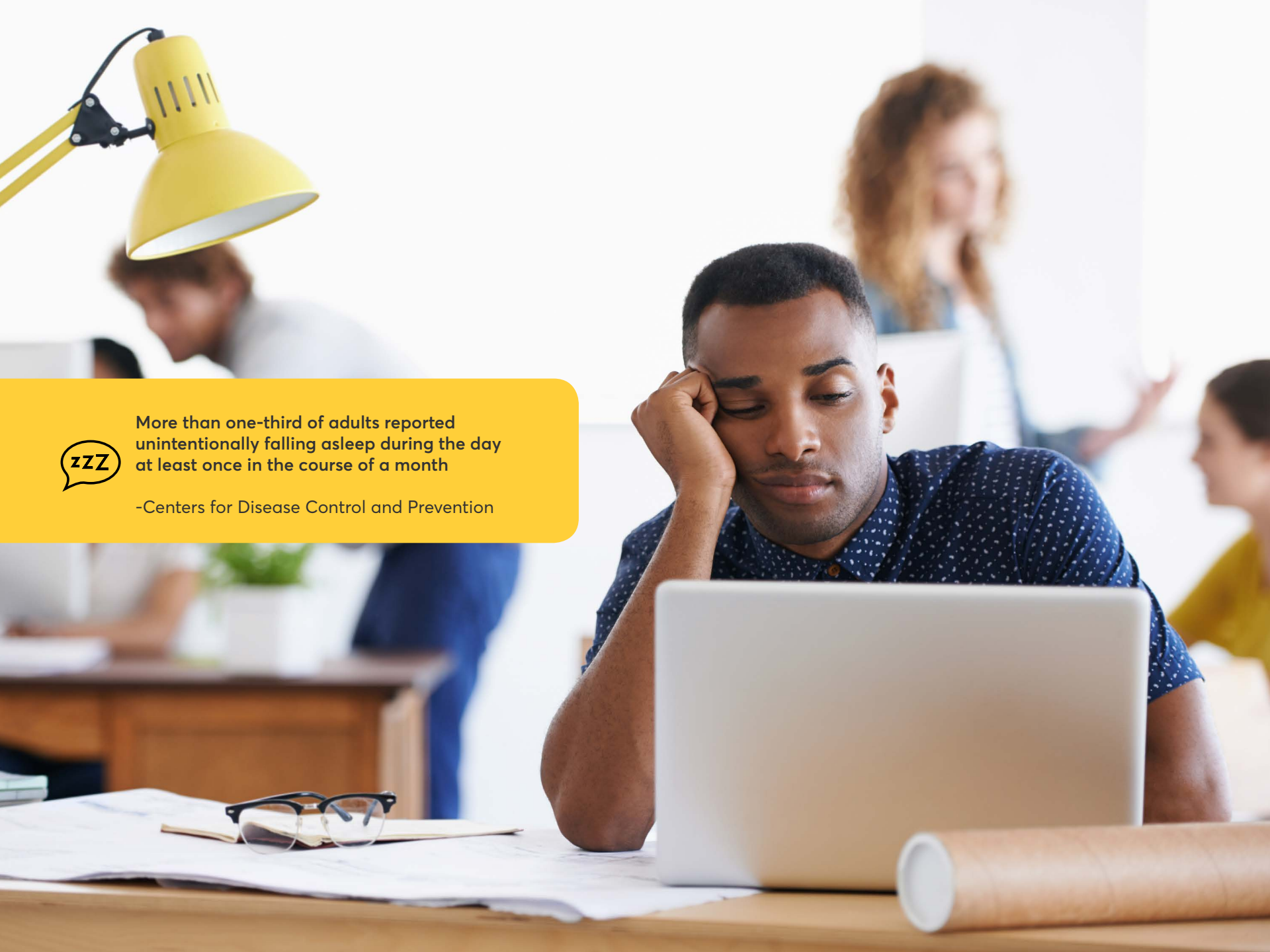
It's clear there are many important reasons to adopt healthier sleep habits. We'll outline steps you can take to help you fall asleep and stay asleep in the coming pages. But first let's look briefly at the effects of lack of sleep on work performance.



Learn more

You'll find more helpful information in this article:

[Getting a Good Night's Sleep](#)



More than one-third of adults reported unintentionally falling asleep during the day at least once in the course of a month

-Centers for Disease Control and Prevention

Sleep, health, and work

Being tired at work not only hurts job performance and productivity, it also poses safety risks. Losing concentration or dozing off on the job when we are supposed to be working can have obvious consequences, from poor work performance to loss of confidence by a supervisor or co-workers to serious injury on the job. When we are sleep-deprived, everything is more challenging. We are more prone to make mistakes, less able to focus, and we take longer to do tasks. We also tend to be more moody, more impulsive, and more prone to taking risks.

For people who operate vehicles or machinery, feeling drowsy or nodding off can be deadly. Drowsy driving and fatigue are a major cause of highway accidents. Other on-the-job accidents are also often attributable to drowsiness. Fatigue is the leading cause of truck crashes that have driver fatalities. On-the-job injuries were found to be more frequent and more severe on the Monday after the switch to Daylight Savings Time than on other Mondays, a recent study found.

A word about shift work

Employees who work nights or rotating shifts may face special sleep challenges. Working irregular or changing hours makes it more difficult to adopt a consistent sleep routine and schedule. This is something to discuss with your health coach if you are among the millions of workers who regularly work nights, on a rotating schedule, or do shift work.

Whether you work days, nights, a regular or a rotating schedule, your health coach will help you identify the unique issues that are affecting your sleep routines and will help you find ways to overcome them and improve your quality of sleep.



Learn more

If you do work nights or a rotating shift, you'll find helpful advice in these three articles:

[Getting the Sleep You Need If You Work Nights](#)

[Tips for Daytime Sleepers](#)

[Tips for Shiftworkers: Ways to Be Safe and Healthy on the Job](#)

About 30 percent of adults have symptoms of insomnia, and about 10 percent have insomnia severe enough to cause daytime consequences.

—American Academy of Sleep Medicine

What causes sleep problems?

Approximately 10 percent of Americans suffer from chronic insomnia, which is defined as having difficulty falling asleep, staying asleep, or waking up in the middle of the night and being unable to fall back to sleep. Whether you suffer from insomnia or occasional sleep problems, many issues may prevent you from getting the rest you need. These are summarized below.

As you read through this list, think about which of these issues might be keeping you awake at night or preventing you from getting adequate sleep.

- Pain. Acute or chronic pain from any number of conditions (arthritis, back problems, headaches, etc.) can make sleep difficult.
- Breathing issues. Respiratory problems tend to get worse when you're lying down. Any trouble or discomfort with breathing can make it hard to sleep.
- Sleep apnea. Millions of North Americans suffer from this condition, in which breathing stops repeatedly during sleep, causing severe sleep disruption. Failure to get enough oxygen also puts a strain on your heart and other organs, eventually increasing the risk of heart disease, diabetes, stroke, and high blood pressure.

Whether you work days, nights, a regular or a rotating schedule, your health coach will help you identify the unique issues that are affecting your sleep routines and will help you find ways to overcome them and improve your quality of sleep.

- Restless legs syndrome (RLS). This neurological movement disorder causes

unpleasant throbbing, pulling, or creeping sensations in the legs and an uncontrollable urge to move them. It occurs primarily in bed when you're otherwise relaxed. It's about twice as common in women.

- Stress. Anxiety and stress caused by work, family, or personal problems can keep you up and keep your mind active and distracted when you should be sleeping.
- Caffeine, nicotine, energy drinks, and other stimulants. Taking too many stimulants during the day or any stimulants too close to bedtime can keep you up.
- Alcohol. Although alcohol calms you down initially, it's not recommended as a sleep aid because after a number of hours it actually kicks in as a stimulant and disrupts the second half of your night or sleep cycle.
- Acid reflux. Also known as GER or GERD, for gastroesophageal reflux (disease), the backing up of stomach contents into the esophagus (throat) causes heartburn, affects quality of sleep, and, over time, can result in more serious health problems.
- Media stimulation. Watching TV, working, playing, or using social media on your computer, tablet, or smartphone in the period before bedtime keeps your mind active and distracted and makes it harder to get to sleep. Electronics like computer screens, smartphones, and tablets also emit blue light, which has been found to disrupt sleep because it prevents the release of melatonin, a hormone that makes us feel sleepy.

- Hormonal changes. Hormonal changes, especially during menopause, can affect sleep.
- Sleeping partner. A sleeping partner who snores, or has respiratory problems, RLS, or other issues that affect his or her sleep can naturally affect yours, too.
- Shift work. Rotational shift work can disrupt your body's circadian rhythms and throw off your sleep patterns.
- Jet lag. Frequent travelers who experience time zone changes also find their sleep patterns disrupted. Stress and fatigue from travel can worsen this.
- Children or pets in the bedroom. Noise or disruption from children or pets in the bedroom can have an impact on the quality or length of your sleep.
- Light and noise. Outside light or noises can distract you from falling asleep or staying asleep.
- Medication. Certain medications, including some antidepressants, heart and blood pressure medications, allergy medications, and decongestants, can affect sleep.

Your coach will review these factors and symptoms with you in order to identify and work on sleep goals and behavioral changes.

Learn more



You'll find more helpful information in this article:

[Sleep Apnea](#)

Exercise #1

Take a few moments to think about factors in your life that might be affecting your sleep. Are you lying awake at night worrying about things? Too wound up to go to sleep? Are you overstimulated by electronic devices? Is a health condition preventing you from sleeping?

Document the factors that may be contributing to your sleep issues in the space below.

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Many of us **average far less sleep than we need on a daily basis**. We get only 6 hours and 40 minutes of sleep daily during the week, according to a National Sleep Foundation survey.

How much sleep are you getting?

Most adults need between seven and a half to eight and a half hours of sleep a night on a regular basis to function at their best, according to research by the Division of Sleep Medicine at Harvard Medical School.

How much sleep are you getting?

Below is a list of 10 questions. If you answer “Yes” to any of the questions, it may be a sign that you are not getting enough sleep or indicate an underlying health problem. Speak with your health care professional if you answer “Yes” to any of the following questions:

1. I feel sleepy during the day, even when I get a good night’s sleep.
2. I get very irritable when I can’t sleep.
3. I often wake up at night and have trouble falling back to sleep.
4. It usually takes me a long time to fall asleep.
5. I often wake up very early and can’t fall back to sleep.
6. I experience an uncomfortable/restless sensation in my legs at night.
7. My legs often move or jerk during the night.
8. I sometimes wake up gasping for breath.
9. My bed partner says my snoring keeps her or him from sleeping.
10. I have fallen asleep while driving.

Earlier on in this booklet you read about sleep apnea, restless legs syndrome, insomnia, and other issues that affect sleep. Talk with your health care professional about your sleep habits if you have a health condition or

concern that may be affecting your sleep. You should also consult with your doctor if you are considering taking sleep medication.

Questions to review with your health coach

When you review your sleep habits with your health coach and develop a plan to adopt new sleep behaviors, your coach will ask you to think about questions like these:

- How many hours of sleep do you get on average?
- What time do you typically go to bed?
- Would you prefer to go to bed earlier than you usually do?
- What causes you to go to bed later than you would like? (Work or family obligations? A noisy environment? Staying up late to catch up on household tasks? TV or using the Internet?)
- What time do you typically rise?
- Do you typically push the snooze alarm more than once?
- Do you feel that you get enough sleep?
- Do you feel sleepy during the day, even when you get a good night’s sleep?
- Do you feel stress may be affecting your sleep?
- Is the light/darkness level in your bedroom to your liking?
- Is the noise level in your bedroom to your liking?
- Is your pillow comfortable?
- Is your bed comfortable?
- Does your partner’s snoring keep you up?

- On non-work days, do you have different sleep habits than on work days?
- Do you drink a lot of caffeinated beverages during the day?
- Do you keep any of the following beside your bed: work files, laptop or smartphone that you use for work, video game console, food, or cigarettes and ashtray?

The vacation test: Determining how much sleep you need

One good way to determine how much sleep you need to feel rested and refreshed, according to Stuart Quan, MD, professor of Sleep Medicine at Harvard Medical School, is to keep track of your sleep when you're on vacation, without using an alarm clock. Go away somewhere, go to bed when you feel sleepy, and wake up when you wake up naturally. That's how you determine how much sleep you need.

Try this

To see how alert you are (and also for a little fun), take this five-minute "road" test. It's an alertness test. See how you do.

Go to the website www.understandingsleep.org.

Click on "Get Sleep."

Click on "How Awake Are You?"

"Now that I am able to better manage my stress, I am able to fall asleep more easily and no longer wake up worrying about things in the middle of the night."

- LifeWorks health coaching participant



Exercise #2

Assess your own sleep needs here. Take the "vacation test." Or think back to the last time you were on vacation. How long did you sleep when you didn't have to get up because of work or other pressures? Did you feel more rested than you usually do? Use the space below to document your assessment.

Document the factors that may be contributing to your sleep issues in the space below.

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On your way to a good night's sleep

The good news is that you can make positive changes that will help you sleep well. To accomplish this, you will need to adopt new habits, possibly break some old habits that are preventing you from sleeping well, and use discipline to make your new habits stick. You'll need to set goals for yourself along the way as well. Your health coach can help you every step of the way.

There are a number of steps you can take to get a good night's sleep. Some take practice. Some take discipline and paying careful attention to your habits and routines. All are within your reach, and each can help make a big and restful difference in your life. Here are 10 habits and behaviors you may find it helpful to work on.

1. **Make sleep a priority.** Allocate an adequate amount of time to sleep, which would be a minimum of seven and a half to eight hours for most people. If necessary, says Dr. Stuart Quan at Harvard Medical School, "you should set an alarm clock not to wake yourself up, but to remind yourself to go to sleep."
2. **Create a relaxing sleep routine.** Ease the transition to sleep by engaging in relaxing activities beginning an hour or so before bedtime. You might take a bath, do some light reading, or listen to soothing music. Think about other ideas for your own relaxing sleep routine.
3. **Go to bed and get up at the same time every day, even on weekends.** A predictable schedule sets your body's "internal clock" to expect to sleep

at a certain time each night. Keeping a regular sleep schedule—even on weekends—helps to maintain the body's internal clock and can help you fall asleep and wake up more easily.

4. **Make your bedroom a comfortable environment for sleeping. It should be cool, dark, and quiet.** Check your mattress and pillows for comfort. The sound of a fan, a recording of white noise, or a soothing sound such as a babbling brook can help you relax.
5. **Adopt healthy habits.** Your coach will work with you to develop healthier habits for daily living, which in turn will improve your sleep. You might work on adopting habits like these:
 - Get regular exercise, but not during the three hours before bedtime. Daily exercise can help you get to sleep faster and sleep better. A study published by the National Institutes of Health found that after 16 weeks of regular exercise, formerly sedentary women who had been diagnosed with insomnia slept on average 45–60 minutes longer per night, woke up less often, and reported more vigor and less sleepiness. Exercise makes us feel good during the day because it stimulates the body's secretion of the hormone cortisol, which promotes alertness. But to avoid feeling too alert when you want to sleep, many experts advise avoiding exercise in the three hours before bedtime.

- Limit caffeine, nicotine, and other substances that may keep you awake. Stay away from these when it's close to bedtime, and limit any consumption of caffeine to four to six hours before you want to fall asleep.
- Limit alcohol, especially close to bedtime. Many people believe alcohol is a great sleep inducer and use it as a sleep aid. However, not only can alcohol actually reduce the length of good quality sleep, it can also lead to reliance and tolerance, creating other problems.
- Watch what—and when—you eat at night. Finish your evening meal several hours before you go to bed, and avoid foods that you know upset your stomach and could keep you awake.

6. Keep electronics out of the bedroom. Don't let your always-on, Internet-age lifestyle follow you to bed. Make your bedroom a protected zone without electronic distractions.

- Switch off your online life before bed. Checking in with social networks, texting, and emailing puts you into an interactive, wakeful frame of mind. The blue light, as mentioned earlier, also keeps you awake. Keep your smartphone, tablet, and laptop out of the bedroom so you avoid the temptation to use these devices right before going to bed. Smartphones can go off at all hours of the night or early morning, especially if you have family or friends or do business with others in different time zones. Turn off the sound and vibration on your smartphone so that your sleep is not interrupted by late-night texts and emails.
- Keep power indicator lights covered or turned away so you can't see them when you are in bed.

- Establish an electronics-free zone. Even if you live in a studio apartment, you can create a zone free of electronic distractions using partitions, screens, or curtains.

7. Reduce stress. Major stressful life events are the most common causes of insomnia, and most people have a harder time sleeping on stressful days, says Dr. Gregg Jacobs, a psychologist and leading sleep specialist and the author of *Say Goodnight to Insomnia*.

- Deal with stressful tasks earlier in the day or evening. It may be harder to relax and go to sleep if you engage in demanding tasks like paying bills or dealing with a difficult parenting issue just before bedtime. Avoid reading disturbing material or watching upsetting TV or movies before bedtime.
- Practice stress-reduction exercises. Relaxation techniques such as biofeedback, progressive muscle relaxation, meditation, stretching, massage, and deep breathing can reduce the stress and anxiety that make it hard to get a good night's sleep. Experiment with different practices and see what works for you. Then set a schedule so you do them regularly.
- Keep a journal of your worries and stress-related thoughts if they are interfering with your sleep. Try to attend to these issues during daytime hours by talking them out with a friend, a family member, or a professional.

8. Limit napping.

- Avoid long naps. Even a brief nap of 20 minutes or so can improve your mood and productivity. But avoid napping for much longer than that—if you fall into a deep sleep, you'll be tired and disoriented when you wake up.

- Nap at a time that doesn't interfere with your regular night sleep (and fits with your work schedule, of course). Make it a part of your routine, with preparation (quiet, dark environment, etc.) and adequate time to return to alertness when you wake up.

9. **Practice relaxation exercises to help you fall asleep.** One or more of the following may help you relax both during the day and before bed:

- deep breathing exercises
- guided imagery, such as visualizing a calming scene
- meditation
- stretching
- massage

10. **Use earplugs or an eye mask if noise or light are disturbing your sleep.**

These can help you tune out distractions, light, and noise that may be keeping you awake.

Your sleep is likely to improve with a multipronged approach that includes adopting healthy habits like exercise, avoiding caffeine, managing stress, making your bedroom conducive to sleep, and limiting distractions that are keeping you awake, such as your computer or smartphone.

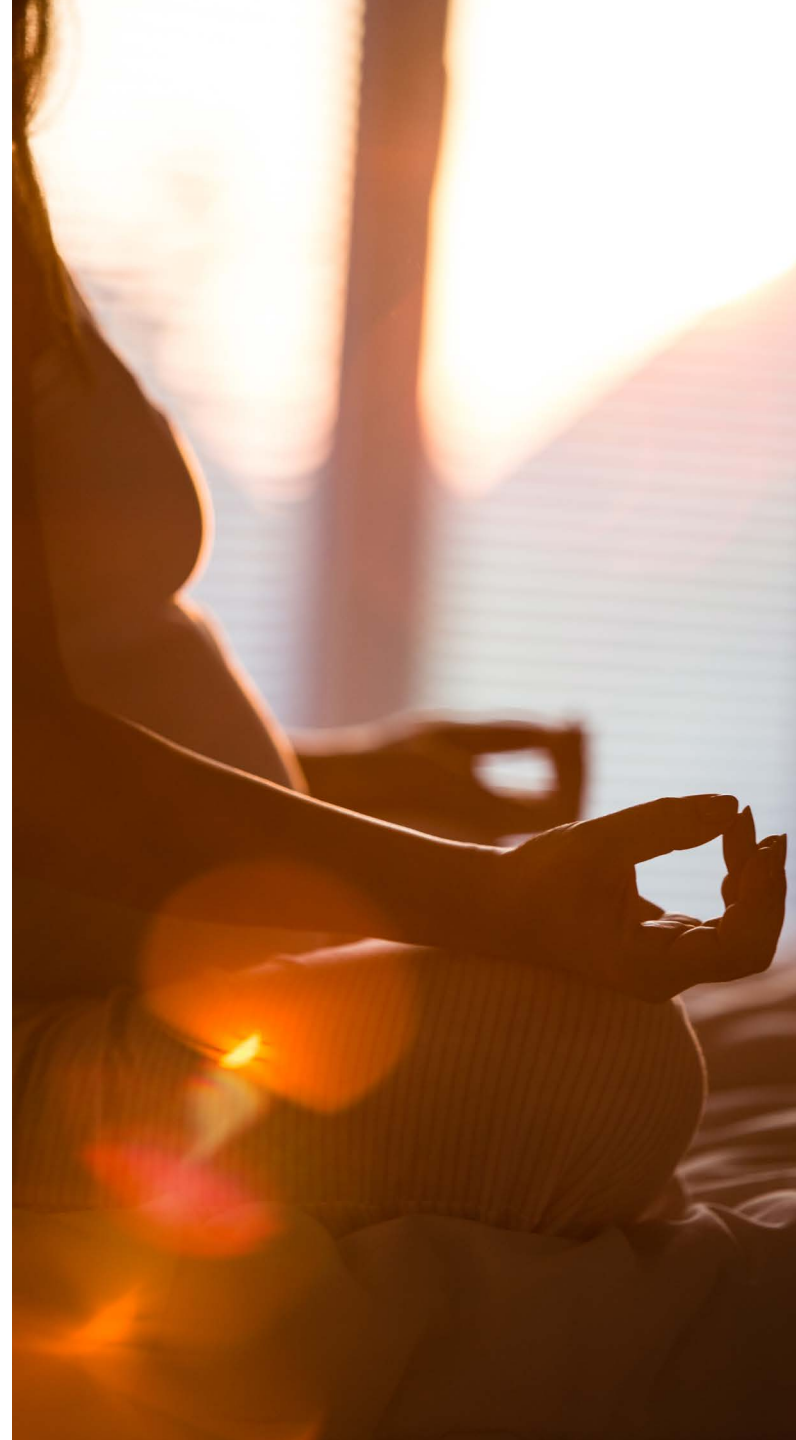


Learn more

Here are more helpful resources on these topics:

[Napping Tips to Improve Focus and Performance](#)

[Breathe - Managing Stress recording](#)



Exercise #3

You are on your way to a good night's sleep and are ready to start making changes. How do you see your days, nights, and weeks being different as you work on adopting new sleep habits? What do you foresee your life will look like with improved quality of sleep? What are you willing to commit to? You'll get an opportunity to discuss your answers to these questions with your health coach.

Document your observations, commitments, and desired outcomes in the space below.

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If you spend a great deal of time lying awake in bed at night or frequently nod off during the day, you may have a sleep disorder.

—Division of Sleep Medicine, Harvard Medical School

When you can't fall asleep or get back to sleep

What if you can't fall back to sleep after waking in the middle of the night, or you can't get to sleep in the first place? Start by seeing your primary care physician to discuss the issue.

There are also strategies you can use at home to help you fall asleep or fall back to sleep. These include minimizing distractions and adopting practices that help you relax. Your health coach can help you identify distractions and find useful relaxation techniques. Here are some suggestions:

- If you can't get to sleep within 20 minutes of going to bed or if you wake up in the middle of the night and can't get back to sleep, get up and do something relaxing until you feel sleepy again. Try reading or listening to soothing music.
- Don't watch the clock. Keeping an eye on the clock when you want to fall asleep (or when you wake up in the middle of the night) can increase stress and make it harder to sleep. Turn your alarm clock's face away from the bed. If you use a cell phone alarm, set your phone face down.
- Practice a relaxing bedtime ritual. Introduce a relaxing activity into your bedtime routine. It could be taking a warm bath, doing deep breathing exercises, listening to soothing music, or anything else that helps you relax.
- Relax your muscles. Contract and release your muscles. Beginning with your feet, tighten the muscles while taking a deep, slow breath through your nose. Release the breath slowly; then do the same with your calf muscles and all the way up your body.
- Try a visualization exercise. Picture yourself in a situation where you feel content. You might picture yourself walking on a beach on a warm, calm evening. Imagine the sounds, the smells, the feeling of sand on your feet. Or imagine yourself walking in a beautiful forest, sailing a boat, or sitting by a waterfall. Use at least three senses—sight, sound, smell—to make it feel real.

A word about sleep medication

Sleep medications can be helpful and are generally safe when taken as directed by a physician. However, you should never take sleep medication or herbal remedies without first consulting a doctor.

Popular sleep medications—sometimes popularly called “z-drugs”—can be useful for short-term sleep problems, but they come with potential side effects and dangers. For example, the Food and Drug Administration is requiring lower recommended dosages of some of these drugs because of concerns about reduced memory and coordination when driving the next morning. Side effects may also include headaches, dizziness, facial swelling, allergic reactions, sleepwalking, dependency, and suffering withdrawal symptoms when you stop.

If you are taking sleep medication and want to reduce the amount you are taking, talk with your physician.

Globally, North Americans are the biggest consumers of sleep aid products, including sleep apnea devices, mattresses and pillows, and prescription medications.

-2014 Persistence Market Research Report



"Due to my new healthy eating habits and regular exercise routine, I am sleeping better than I have in a long time, and I wake up feeling refreshed."

-LifeWorks health coaching participant

Setting goals and tracking your progress

Your decision to change and improve your sleep habits is a positive first step toward getting the sleep you need to feel rested and renewed. While participating in the health coaching program, your health coach will work with you on the following areas as you work toward better sleep.

- What you might do differently on a daily basis. Your coach may suggest and guide you in small changes in your daily routine, such as practicing relaxation techniques, eliminating bedtime distractions, and making your sleeping environment more comfortable.
- Focusing on small changes and taking care of yourself. We can't always get as much sleep as we need, depending on life circumstances such as a newborn in the house, caregiving responsibilities, or a very busy period at work. But we can focus on taking care of ourselves in small ways every day—with healthy eating, squeezing in a nap, being active, and making time for laughter and friends.
- Adopting healthy habits. Improving your diet, getting exercise, reducing stress, and finding a way to get the rest you need even when you work rotating hours or nights, are some of the life changes your coach may work on with you.
- Setting goals. Your coach will help you identify the issues underlying your sleeping issues, set goals to deal with those issues, adjust those goals as needed over time, help you track your progress in reaching your goals,

and provide ongoing reinforcement, support, and motivation for achieving them.

Setting SMART sleep goals

In the coaching program, setting wellness goals will play a critical role in your success. Working together with your health coach, you will be encouraged to set SMART goals.

Here's what the letters SMART stand for:

- **S**pecific. When setting a goal, it needs to be well-defined, clearly worded in a positive statement, and narrow enough to use as a guide.
- **M**easurable. Your goal should be specific and measurable so that you're able to track your progress.
- **A**ction-oriented. You are more likely to achieve your goal if it includes steps and actions you will take.
- **R**ealistic. Goals motivate us to grow and challenge ourselves. But they need to be attainable and realistic to work.
- **T**ime-limited. Goals work best when there is a deadline or time limit. Without a time limit, there's no point at which the goal can be said to have been reached. Setting a timeframe gives you a clear target, helps you stay focused, and helps you measure your progress.

Let's look at some examples of what sleep SMART goals might look like: I will go to bed and wake up at the same time every day.

- I will relax an hour before bed by having some tea and reading. I will avoid caffeine after lunch.
- I will set an alarm on my phone to remind me to start my bedtime routine. I will stop using any blue light devices at least one hour before bedtime.
- I will build up gradually, week over week, until I am getting 150 minutes of exercise per week.

Keys to Success: Set 1-2 small attainable goals that you can reasonably accomplish. Build upon your successes overtime. Self-reflect on your progress and learning experiences - and share those with your coach during your sessions until you've reached your ideal state of sleep quality and/or quantity.

Identifying challenges or barriers that have kept you from achieving a past goal is also a useful exercise. What challenges have made it difficult for you to get a good night's sleep in the past?

Thinking about both strengths and challenges as you work on adopting positive changes is an important and helpful step in the goal-setting process.

Exercise #4

Take a few moments now to think about your own SMART sleep goals.

Specific sleep goals

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How I will measure my goals

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Action steps I will take to reach my goals

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What I will do to ensure my goals are realistic and achievable

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A timeline for reaching my goals

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A final word

A good night's sleep is a key to health and happiness. With effort, discipline, and the support of your coach, you can make changes that will help you achieve your goal: getting a good night's sleep tonight, tomorrow, and in the months and years to come.

