



CLASS 8 | SLEEP, SLEEP, SLEEP

Worksheets

- **Tips for Getting a Good Night's Sleep.** This worksheet lists several “tried and true” strategies for getting a better night's rest. Use the worksheet to discuss strategies for improving sleep or as a handout for the class.
- **Easy Relaxation Techniques for Getting a Good Night's Sleep.** Use this worksheet to go over several simple yet effective strategies for getting a better night's rest. This worksheet can also be used as a handout.
- **“Sleep, Sleep, Sleep Better” Contract.** Have class members complete this behavioral contract either as part of your class discussion or on their own so that they can determine the changes they will make to improve their sleep.

Resources

- **The National Sleep Foundation.** This organization is a wonderful resource for information, educational worksheets and other materials regarding sleep. www.sleepfoundation.org.
 - **Alternate Breathing Exercises:** A technique taken from yoga practices that allows you to focus your breathing and calm your body, letting you clear your mind. http://www.gaianaturopathic.com/docs/Breathing_Exercises.pdf
- Video Tutorial:** <https://www.youtube.com/watch?v=Xbbr6Udg1UA>
- **Lavender Oil.** [Using Lavender Oil for Relaxation: Young Living Essential Oils](#): Lavender oil is a great natural sleep aid. This website explains the benefits of lavender oil as well as ways to use it.

Additional Materials

Lavender Oil. There are many sources for lavender oil. Look for a high quality, essential oil to insure that you are receiving the full aroma therapeutic benefit of the oil. [Young Living](#) offers high quality lavender oil in bottles as well as small sample sizes, which can be a great way to share the oil with your class.