

# Spotlight on Sleep: The Four Fundamentals

## Program Summary

Sleep is a partially learned skill, and you can be in control of the quality of your sleep. Become more aware of the value and necessity of healthy sleep, and learn three simple skills to assist in gaining maximum sleep benefits.

### Participants will:

- Take control of how well they sleep and how much energy they have each day.
- Recognize why healthy sleep is essential for them to be the best of themselves.
- Appreciate the Four Fundamentals of healthy sleep.
- Adopt the Top 10 Quick Tips to Sleep Well Tonight.
- Practice three simple skills to improve their sleep tonight.
- Commit to three impactful actions that will improve their sleep TODAY.



### Additionally, in the 3-hour workshop participants will:

- Identify and make a plan to overcome their barriers to healthy sleep.
- Practice and develop confidence to perform three effective skills to improve their sleep tonight.

Program Outline
Your Sleep Self-Assessment
Why You Must Improve Your Sleep: <ul style="list-style-type: none"> <li>• To Maximize Learning and Decision-Making</li> <li>• To Enjoy a Healthy Weight</li> <li>• To Reduce Risk of Illness and Accidents</li> <li>• To Be Energized, Purposeful, and Fulfilled Every Day</li> </ul>
Fundamental 1: Love Your Sleep Environment
Fundamental 2: Rewire Your Thinking About Sleep
Fundamental 3: Make Strategic Lifestyle Choices
Fundamental 4: Practice Three Simple Sleep Skills <ul style="list-style-type: none"> <li>• Expressive Writing</li> <li>• The 36 Breaths</li> <li>• The Body Scan</li> </ul>
The Top 10 Quick Tips to Sleep Well Tonight
Learning More and Getting Support
Your Commitment and Your Next Steps