
POSITIVITY



101

WEEK 6: SLEEP

DAY 1: LEARNING - BENEFITS

- Go to positivity101.org -> Click on the "Blog" tab -> Click on the article "[Good Night for Good Mind](#)"
- Read the article.
- Discuss with your table what you learned from the article and add what you know about the benefits of sleep and/or the detriments of sleep loss.

DAY 2: LEARNING - STRATEGIES

- Read [this article](#) by the Mayo Clinic.
 - Article: <https://mayocl.in/311ApqE>
- With your table, discuss what your current sleep habits/strategies are, and what you plan to implement from this article.
- **Implement these changes starting tonight.**

DAY 3: PERSONALIZATION

- Take out a writing utensil and something to write on.
- Write down your current sleep situation
 - Noise, light, blue light exposure (i.e. phones and computers) before sleeping, etc.
- Think about what you can change and what you can work around.
- Write down how you plan to solve and/or work around your sleep situation.
- **Implement these changes starting tonight.**

DAY 4: PLANNING

- Take out a writing utensil and something to write on.
- Make an extended T-chart with Monday through Sunday on it.
- Write down at what time you go to sleep each day.
- Write down your goal for sleep each day in order to get at least 7 hours of sleep.
- Write down what changes you need to make in order to reach this goal.
- **Implement these changes starting tonight.**

DAY 5: REFLECTION

- Reflect on the changes you've made over the course of this unit.
- How do you think your sleep and/or sleep patterns has/have changed over the course of this unit.
- What changes do you plan to implement into the future?