

Sleep Hygiene: Additional Resources

Information on Sleep Hygiene

- U.S. Centers for Disease Control and Prevention (CDC)
 - Sleep Resources: <https://www.cdc.gov/sleep/resources/index.html>
- Harvard Division of Sleep Medicine
 - Healthy Sleep Tips: <https://sleep.hms.harvard.edu/education-training/public-education/sleep-and-health-education-program/sleep-health-education-68>
- Center for Clinical Interventions
 - Sleep Hygiene: <https://www.cci.health.wa.gov.au/~media/CCI/Mental-Health-Professionals/Sleep/Sleep---Information-Sheets/Sleep-Information-Sheet---04---Sleep-Hygiene.pdf>
 - Sleep Diary: <https://www.cci.health.wa.gov.au/~media/CCI/Mental-Health-Professionals/Sleep/Sleep---Worksheets/Sleep-Worksheet---01---Sleep-Diary.pdf>
- Health Sleep Information: <https://www.thoracic.org/patients/patient-resources/resources/healthy-sleep-in-adults.pdf>
- Caffeine Handout: <https://www.massgeneral.org/assets/mgh/pdf/psychiatry/arms-caffeine.pdf>

Phone Apps Sleep and Meditation

- Insight Timer App for Meditation: <https://insighttimer.com/individuals>
- Headspace App for Sleep and Meditation: <https://www.headspace.com/>