



ANALYSIS

Improving Your Quality of Sleep

Name _____

Directions: Using what you have learned from the readings, answer the following questions.

- 1) List the as many reasons as you can as to why you believe many people don't obtain enough sleep regularly .

- 2) List the dangers and harm of not obtaining enough sleep or not obtaining quality.

- 3) *Would you want to be working with someone at work that regularly lacks enough sleep? Why or why not?*

- 4) *Do you have any bad habits that keep you from getting quality sleep at night? List them.*

- 5) *What have you noticed about your performance at school or work, when you don't obtain enough sleep?*

- 6) *What strategies could you use to help you improve your quality of sleep at night?*