

Sleep Hygiene

Jennifer Bruner, Eastern HCQU

This webinar explains how an individual can work to achieve high quality sleep. Through the number of sleep hygiene habits provided, individuals will be more likely to reach a level of restorative sleep which allows the body to rest and the mind to process information. This webinar concludes with health risks associated with poor sleep and ways to support self-advocates in practicing good sleep hygiene.

- www.empoweridaho.org
- www.ncbi.nlm.nih.gov
- www.sleepassociation.org

KEY TAKEAWAYS

- There are many factors that contribute to high quality sleep hygiene, some of which are: establishing a regular sleep schedule and avoiding exercise, stress, light and stimulants before bedtime.
- Sleep deprivation can have an adverse impact on your overall health.

To contact our team:
Visit AIDinPA.org or email us at:

AIDinPennsylvania@gmail.com

