**Sleep Reminder Videos**

Use this sheet to record the key information that you’ll be including in your video.

**Standard 1.4- Describes the benefits & barriers of practicing health behaviors**

Take a few moments to reflect on your sleep habits. (You don’t to include these in the video)

1. How much sleep are you averaging per night?
2. Do you have a set bedtime?
3. How do you wake up in the morning? Alarm? Mom? Smartphone?

**Now make a video for yourself including the following information.**

**What two things are getting in the way of your sleep?**

**1.**

**2.**

**What three things can you gain by improving your sleep habits?**

**1.**

**2.**

**3.**

**What two actionable steps can you take to work towards improvement?**

**1.**

**2.**