

Improving Sleep Worksheet

Thank you for listening to Session 6. We explored the importance of sleep for physical and emotional wellbeing, along with practical steps for improving sleep quality. We also explored some of the benefits of increasing our contact with nature. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Improving Sleep and Connecting with Nature

What changes will I make to improve the quality of my sleep?

What things will I do to increase my contact with nature?