

Sleep Video

WORKSHEET



As you watch the “*Param Dedhia, MD on Sleep*” video, please use this worksheet as a guide to take notes and capture your personal reflections.

1 — What are the **TWO ASPECTS** of sleep you need to focus on? _____

a.

b.

2 — What are **FIVE MAIN BENEFITS** of a good night’s sleep? _____

a.

b.

c.

d.

e.

3 — What made the topic of “sleep” a **LEGITIMATE** one in medicine / health? _____

4 — When did the medical community recognize sleep as “**PHYSIOLOGY-BASED MEDICINE**”? _____

5 — Why is it important to **GO TO SLEEP / WAKE UP** at the **SAME TIME**? _____

6 — How many nights does it take to **RECOVER** from a night of poor sleep?

7 — What's the **IDEAL QUANTITY** of sleep you need per night?

8 — What are the general **GUIDELINES** Dr. Dedhia uses to investigate different sources of insomnia?

9 — How do **SLEEP APPS / DEVICES** measure the quality of our sleep? How accurate is this

10 - What's the **MOST COMMON MYTH** about the quality of our sleep?

11 - How does the **QUALITY** of sleep normally **EVOLVE** as we age?

Teens:

Mid-life:

Older:

12 - What's the **GOLD STANDARD** to assess the quality and quantity of your sleep?

Personal Sleep

REFLECTION

(After watching Sleep Video)

1

What are your **PERSONAL TAKEAWAYS** regarding sleep?

2

Describe your sleep **ENVIRONMENT** (level of clutter, presence of electronics, partner, etc.)?

3

What **RITUAL(S)** could help transition from a busy day into a restful night?

4

What's a simple **NEXT STEP** you can take to improve your sleep pattern?

