

## **Sleeping well**

### **Worksheet 3**

### **WebQuest**

### **SLEEP**

Go to the following websites:

<http://heretohelp.bc.ca/publications/toolkits/wellness6.pdf> ,

[http://www.apollolight.com/sleep\\_and\\_stress.html](http://www.apollolight.com/sleep_and_stress.html),

[http://lifework.arizona.edu/ea/articles/sleep\\_stress.php](http://lifework.arizona.edu/ea/articles/sleep_stress.php),

in order to answer the questions:

1. How much sleep do people need?
2. What are some different kinds of sleep problems?
3. How do sleep problems affect our mental health?
4. What are some tips for getting a good night's sleep?
5. Why are there more stress related sleep disorders now?
6. What are some strategies to reduce stress and help you sleep?
7. What can you do if you can't get to sleep because you are thinking about all the things you have to do?
8. What are some other ways to help you get more sleep?