

Sleep Hygiene Script for Clinicians to use with Clients: Session 1

Today I want to talk with you about sleep. Sleep is more important for our physical and mental health than many people realize.

There are a lot of things that can make it hard to sleep. The COVID-19 pandemic is a new one that is affecting a lot of us. For instance, some kids say that the stress of daily life right now can make it really hard to go to sleep and stay asleep.

- Have you noticed any changes to your sleep patterns since the pandemic started?
- Is it ok if I ask you a few questions about your sleep patterns?
 - *(If Yes, use PROMIS)*

Summarize client's response to assessment questions.

Show client the "Importance of Sleep" handout and summarize some of the benefits of sleep/consequences of poor sleep.

If they are getting less than the recommended amount of sleep (see handout) let them know how much sleep is recommended for their age group.

On a scale of one to 10 how motivated are you to change your sleep habits (1=not at all; 10 = Very Motivated!)?

Why did you choose a X?

Ask client to keep track of sleep for a week with the sleep diary.