

Session Guide

Target Population	Session 1:	Materials:
<i>All Clients</i>	Introduce the topic of sleep Have clients complete PROMIS Sleep Disturbance assessment (pre) Provide psychoeducation about the importance of sleep and the connection between sleep and mental health	<i>Clinician Script Session 1</i> <i>PROMIS Sleep Disturbance Assessment</i> <i>Importance of Sleep Handout</i>
<i>Clients with scores of 24 or higher on PROMIS</i>	Homework: youth or caregiver tracks youth sleep for a week with the sleep diary	<i>Harvard Medical School Sleep Diary</i>
<i>Clients with scores of 24 or higher on PROMIS</i>	Session 2:	
	Review sleep diary with youth Discuss sleep hygiene Have youth and/or caregiver complete Sleep Hygiene Checklist	<i>Harvard Medical School Sleep Diary</i> <i>Sleep Hygiene Checklist</i>
<i>Clients with scores of 24 or higher on PROMIS</i>	Session 3:	
	Review Sleep Hygiene Checklist Have a more in-depth discussion about the connection between screen media use and poor sleep Homework: youth and caregiver complete the family media plan	<i>Sleep Hygiene Checklist</i> <i>Clinician Script Session 3</i> <i>Family Media Plan</i>
<i>All Clients</i>	Discharge Session:	
	Do PROMIS Sleep Disturbance assessment (post)	<i>PROMIS Sleep Disturbance Assessment</i>