

Three Questions for Bedtime



1. What is one way to show self-compassion when trying to get a better night's sleep?
 - a) Accept that some things are beyond your control
 - b) Telling yourself you should be able to maintain the same bedtime routine every night
 - c) Staying up late to watch a movie so you can talk about it tomorrow with coworkers
 - d) Staying up late to finish a work task

2. What does ASMR stand for?
 - a) Automatic sleep map response
 - b) Autonomous Sensory Meridian Response
 - c) Autopilot sleep map response
 - d) Autonomous Sleep Map Response

3. How might a weighted blanket help you sleep better?
 - a) Makes it more difficult to get out of bed
 - b) May reduce production of a stress hormone called cortisol
 - c) May reduce production of a sleep hormone called melatonin
 - d) May reduce production of serotonin, a mood-boosting hormone

Correct Answers: 1. a; 2. b; 3. b