

RESOURCES:

SLEEP:

Brochures/Handouts:

- For Participant:
 - US DHHS – Your Guide to Healthy Sleep
 - American Heart Association – How Sleep Affects your Health
 - American Heart Association – Sleep Well
 - National Heart, Lung, and Blood Institute – Sleep Brochure
 - National Heart, Lung and Blood Institute – Sleep Diary
 - National Institute on Aging – Getting a Good Night’s Sleep