

# Sleep Cycle, Sleep Disorders, and the Habits that Improve Sleep

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## Additional Resources List

### **Sleep Foundation**

- <https://www.sleepfoundation.org/>

### **CDC**

- <https://www.cdc.gov/sleep/index.html>

### **Sleep Education**

- <https://sleepeducation.org/>

### **Free on-Line 8 Week Mindfulness Stress Reduction Program**

- <https://palousemindfulness.com/>

### **Books**

- Say good night to insomnia by Gregg Jacobs
- The relaxation response by Herbert Benson

### **Ted Talks**

- [Sleep scientist Matt Walker's 6 Tips for Better Sleep: https://www.youtube.com/watch?v=t0kACis\\_dJE](https://www.youtube.com/watch?v=t0kACis_dJE)
- [www.restonic.com/blog/ted-talk-sleep](http://www.restonic.com/blog/ted-talk-sleep)