

Time-Ordered Agenda for

SLEEP!

Instructor: Gwen Wild, MOT, OTR/L

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
5	Overview of sleep quality	Lecture
10	Factors impacting sleep	Lecture
5	Demonstration of sleep-tracking and sleep-planning tool	Demonstration and case study
20	Daytime strategies to facilitate quality sleep at night	Lecture, discussion
20	Bedtime strategies to facilitate quality sleep	Lecture, discussion
60	TOTAL RUN TIME	