HANDOUT LINKS

# [Ten Steps to Healthier Sleep](https://docs.google.com/document/d/1uYFPdfoEzAsghTaiyk0BA4WnmJ3WlVsJdXAVR-BLroo/copy)

# [Sleep Wellness Guide](https://docs.google.com/document/d/1hvInwJBnfvqstanP5GPKw-ti__RGklfFryOMqqvWdt8/copy)

# [Sleep Diary](https://docs.google.com/document/d/1Zc4QbETJuAti1vkzZucK4ZQSV0wtoD3MQ-YpWjlD2Co/copy)

# [Are You Getting Enough Sleep?](https://docs.google.com/document/d/1xb4p36wBdWLfMRylE56C8NDTlqrryxV3usRfXnipLDY/copy)

# [Cognitive Behavioral Therapy for Insomnia](https://docs.google.com/document/d/1iOL1mrwhC12UlYmr00QgFhEUWUh8h-vZniVtS-W_S0k/copy)

# [Sleep Restriction](https://docs.google.com/document/d/1CBNckrGHEeyNMFuQVN9MBgCbry0Q9JsDS9KHk3fdnbM/copy)

# [Thought Field Therapy](https://docs.google.com/document/d/1OZhv0LdU29HJdQvGp4PhQZIjot_vfO97JifVDDvN4kA/copy)

# [Your Balanced Healing: Dr. Shook’s Website](http://yourbalancedhealing.com/)

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