Sleep Change Questions - Cooperative Planning Workshop

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member notices less sleep and difficulty maintaining usual activities.

1. What is known in the fictional example, and what needs checking?

2. Prepare questions for a clinician about personally meaningful changes in sleep or functioning. My notes, drawing, or possible response:

3. Which changes need timely professional assessment?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.