## Session Guide

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Session 1:</th>
<th>Materials:</th>
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| All Clients       | Introduce the topic of sleep Have clients complete PROMIS Sleep Disturbance assessment (pre) Provide psychoeducation about the importance of sleep and the connection between sleep and mental health | *Clinician Script Session 1*  
*PROMIS Sleep Disturbance Assessment*  
*Importance of Sleep Handout* |

| Clients with scores of 24 or higher on PROMIS | Session 2: Review sleep diary with youth Discuss sleep hygiene Have youth and/or caregiver complete Sleep Hygiene Checklist | *Harvard Medical School Sleep Diary*  
*Sleep Hygiene Checklist* |

| Clients with scores of 24 or higher on PROMIS | Session 3: Review Sleep Hygiene Checklist Have a more in-depth discussion about the connection between screen media use and poor sleep Homework: youth and caregiver complete the family media plan | *Sleep Hygiene Checklist*  
*Clinician Script Session 3*  
*Family Media Plan* |

| All Clients | Discharge Session: Do PROMIS Sleep Disturbance assessment (post) | *PROMIS Sleep Disturbance Assessment* |