

Quick video exercise to improve your memory: Insomnia

GOAL: To watch or listen to a short video and remember key information.

Video: “How to deal with your insomnia – and finally get to sleep” by Matt Walker on TED.com <https://bit.ly/38721aK>

Pick your level of difficulty.

- **Easy:** Fill in the answers as you watch the video. Pause the video as often as needed.
- **Medium:** Read the sentences before watching the video, but wait til the video is over before answering them.
- **Hard:** Watch the video before reading the sentences, then answer the questions.
- **Challenge:** Watch the video, then write down what you remember before reading the sentences.

TIPS:

- Watch the video in a quiet setting so you can concentrate.
- Try silently repeating what the speaker says.
- Pause the video after something important and use one of your memory strategies to help it stick in your memory better.

MEMORY STRATEGIES:

- Repetition: Repeat important information in your head or aloud.
- Association: Try to link important information to something you already know.
- Visualization: Try to imagine or picture the information.
- Writing: Write key information down on scratch paper.

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FILL IN THE BLANKS

1. At least 1 person out of every _____ will experience some form of insomnia in their lifetime.
2. Insomnia is when you have trouble _____ asleep, _____ asleep, or you just don't feel _____ by your sleep the next day.
3. People try many things to help, but not all of them _____.
4. Two popular options are _____ and THC, the active component of cannabis. But both will worsen insomnia in the long-term.
5. Even melatonin only improves sleep _____ by just a few percent.
6. Thankfully, there is a much better approach to improving sleep: Cognitive Behavioral _____ for Insomnia, or CBTI.
7. You can work with a clinician (in person or online) to do CBTI for several _____.
8. CBTI helps you change your _____, your beliefs, and your general stress about sleep.
9. Many studies show that CBTI is just as effective as _____ in the short term.
10. CBTI has no _____ side effects.
11. The sleep benefits can last for _____.

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ANSWERS:

1. 1 of every **3** people
2. **Falling** asleep, **staying** asleep, or you just don't feel **refreshed**
3. Work especially well
4. Alcohol
5. Quality (or efficiency)
6. Therapy
7. Weeks
8. Habits
9. Sleeping pills
10. Negative
11. Years