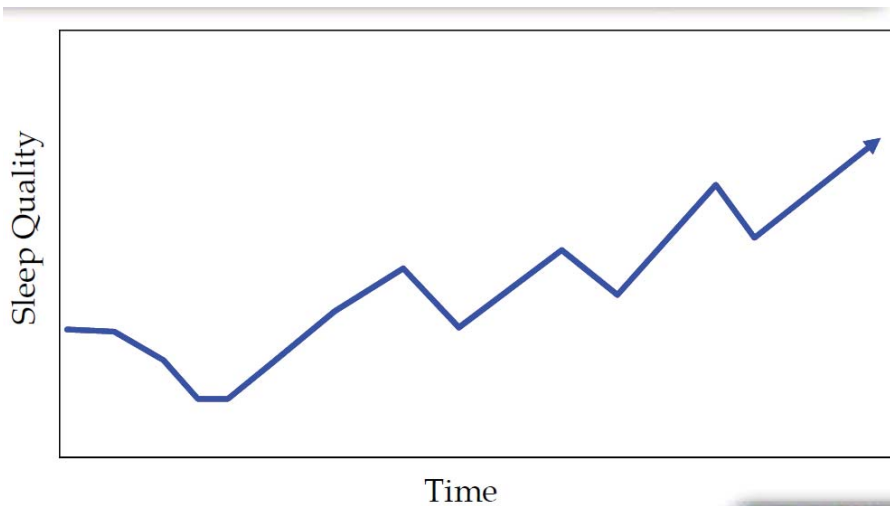


## Maintaining Your Progress

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- Changes in sleep are gradual, and not necessarily steady



- Poor nights will occasionally happen in future
- A relapse occurs when you respond to poor nights with behaviors that may hurt sleep
- Possible times you are likely to have poor nights:

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- Strategies to help sleep after poor nights:

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