

## **Part 1: Reflection Questions**

**Please discuss at least one connection you've made between what you've studied in this LW course and what you've learned from other courses you have taken at SLCC (or another institution) or have learned before taking this class? Make specific references to your work in this class and in other courses. How did what you learned in other courses enhance what you learned here, and vice versa?**

In this Lifetime Wellness course, I found significant connections with the nutrition class I also took this semester. Both classes emphasized the importance of health, with this class more so integrating physical, mental, and emotional well-being. The NutritionCalc Plus assignment in my nutrition class, where I tracked my diet and physical activity, complemented the LW course's focus on creating balanced wellness routines. The insights from my nutrition class helped me understand the systemic issues influencing dietary habits, while the LW course reinforced the importance of incorporating stress management and emotional health into my wellness plan. These interconnected lessons have provided a comprehensive approach to maintaining lifelong wellness!

**Reflect on what you thought about fitness and lifelong wellness before you took this course and how you think about it now that you have completed the course. Have any of your assumptions or understandings changed? Why? What assignments/activities/readings were influential in this process? How will you approach what influenced you differently in the future?**

Before this course, I viewed fitness and wellness primarily as regular exercise and a healthy diet. Now, I understand it as a holistic concept encompassing mental, emotional, and social well-being. (Circles of wellness...yay!) The course emphasized the interconnectedness of wellness dimensions, shifting my perspective on the importance of mental health. Class discussions and my own focus on mindfulness and stress reduction were particularly influential, leading me to incorporate these techniques into my routine. Moving forward, I will approach wellness with a balanced mindset, nurturing mental and emotional health alongside physical fitness, and making informed decisions for lifelong wellness. Great class!

## **Part 2: Signature Assignment**

**In addition to answering the two reflection questions, you will also need to copy and paste, screenshot, or upload the document of one of your module assignments that resonated with you. This acts as your signature assignment.**

### **Signature Assignment:**

#### **Module 5, Sleep: How to Improve Your Sleep**

##### **Improving Sleep Tips:**

1. Have a regular bedtime and try to stick to it, even on the weekends (or at least within an hour of your regular bedtime).
2. Stop using all electronic equipment 30 minutes before bed.
3. Have a bedtime routine to help signal to the brain that it's time for bed.
4. Try not to study, do your homework, eat, watch television, surf the web, etc. in bed. Your mind will start associating your bed with non-sleep activities.
5. Have an optimal sleep environment. A dark, cool, quiet room is ideal.
6. Encourage pets to sleep in their own pet bed. If pets need your presence to sleep, put their bed in your bedroom.
7. Try to complete your last workout at least 3 hours before bed. Some people will need a longer period between bed and exercise to fall asleep.
8. If you have trouble falling asleep, limit caffeine after 12:00 pm. Sensitivity to caffeine is very individual so experiment with the amount and cut off point.

##### **Assignment Questions and Answers:**

1. **Exercising before bed will help you sleep well.**
  - **Correct Answer: Depends**
2. **Eating before bedtime will help you sleep better.**
  - **Correct Answer: Depends**
    - **Explanation:** If it has been a while since you last ate or you skipped meals during the day, a light snack with a little protein may help you fall asleep and not wake up with hunger pains. A large meal before bed is not a great idea for a good night's sleep as you might feel uncomfortable, bloated, heartburn or worse.
3. **Exercising earlier in the day will help you sleep better.**
  - **Correct Answer: True**

4. **Sleeping with a pet deepens sleep.**

○ **Correct Answer: False**

- Explanation: Research said that pets in bed do not make for a good night's sleep.  
If your pet wants to be close to you while sleeping, try a pet bed beside your bed.

5. **Watching television, using your laptop and/or using your phone an hour before bed is okay. Turning off all electronic equipment a half hour before bed helps your mind prepare for sleep.**

○ **Correct Answer: True**

- Explanation: Limiting screen time in that half hour before bed helps your brain settle down for a good night's sleep.

**Part 3: Signature Assignment Reflection**

From Module 5 highlighting the aspect of sleep, I learned several insights about improving my sleep quality, which was especially helpful since I heavily struggled with insomnia a year ago. A key takeaway is the importance of establishing and maintaining a regular bedtime, even on weekends. I wake up early during the week (4:30 A.M) but allow myself to sleep in on Sundays. I also learned about the negative impact of electronic devices on sleep quality and now turn off all screens at least 30 minutes before bedtime. Also, creating an optimal sleep environment—dark, cool, and quiet— has made all the difference. I have a fan that I use as white noise to quiet any other noises, as I'm such a light sleeper. Those tips really helped me!