**Quotations about Sleep**

Excerpted from *Coping with Sleep Issues*
By Ester R.A. Leutenberg and John J. Liptak, EdD

Read the following quotes about sleep and write your thoughts about it in the space following. If you have a favorite quote or two of your own write it in the blank space and write your thoughts about it as well.

**Control what you can control. Don’t lose sleep worrying about things that you don’t have control over, because at the end of the day, you still won’t have control over them.**

Cam Newton

**Though sleep is called our best friend, it is a friend who often keeps us waiting.**

Jules Verne

**If you have difficulty sleeping or are not getting sleep or sleep of good quality, you need to learn the basics of sleep hygiene, make appropriate changes, and possibly consult a sleep expert.**

Andrew Weil

Write your quote about sleep below and write how you feel about it.