

Sleep Hygiene Checklist

Your everyday activities and habits are important for setting the stage for the deep restful sleep your body needs to recover and recharge.

During the day:

- Physical activity
- Natural sunlight
- Avoid or limit naps to less than 20 min and too late in the day

My daily routine:

- Regular wake up times
- Regular bedtimes
- Go to bed when sleepy
- Includes a pre-bedtime relaxation routine

My sleep environment is:

- Dark
- Cool
- Quiet
- Comfortable (mattress, pillows, blankets)
- Free of bright electronic screens

My evening routine:

- Includes relaxing activities
- Limits exposure to bright electronic screens (TVs, tablets, smartphones)
- Nutritious fulfilling dinner
- Avoids sleep-disrupting foods (high fat & protein, high carbs, spicy, etc.)
- Avoids alcohol, smoking, and caffeine
- Allows me to unplug from social media and news