

Sleep and Women's Success Checklist

What to remember:

- 1) Success = preparedness + opportunity
- 2) Sleep is a preparedness X-factor
- 3) Sleep power is underutilized
- 4) The power is in your hands
- 5) It's all connected (sleep, nutrition, exercise, and mental health)

My sleep environment is:

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

My daily routine:

- ☐ Regular wake up times
- ☐ Regular bedtimes
- ☐ Go to bed when sleepy
- ☐ Includes a pre-bedtime routine with relaxing activities
- ☐ Before bed I unplug from social media and news

Lifestyle:

- ☐ Regular physical activity
- ☐ Natural sunlight during the day
- ☐ Avoid or limit naps to less than 20 min and too late in the day
- ☐ Avoids sleep-disrupting foods (high fat & protein, high carbs, spicy, etc.)
- ☐ Avoids alcohol, smoking, and caffeine

Health:

- ☐ I've had a recent checkup
- ☐ Underlying health issues that affect sleep
- ☐ Symptoms of sleep apnea (snoring)
- ☐ I've scheduled a doctor's appointment to follow up on any underlying health issues keeping me from sleeping

Mental Health:

- ☐ Feeling over-stressed and anxious
- ☐ Feeling down lately
- ☐ Daily activities that support mental health
- ☐ I have places to go for support (family, friends, support groups, or counselor)