

Harness the Power of Sleep to Become a High Performer

Sleep Checklist for Women

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)