

Sleep Hygiene Checklist

Good sleep hygiene means creating an environment and set of daily habits that promote consistent, restful sleep. Tick the items you manage each day, and note which ones need more attention.

- Keep a regular bedtime and wake-up time (even on weekends).
- Limit caffeine and alcohol, especially 6 hours before bed.
- Avoid large meals and heavy snacks late at night.
- Get natural daylight exposure in the morning.
- Exercise regularly, but not too close to bedtime.
- Use your bed only for sleep and intimacy (not work/TV).
- Keep the bedroom cool, dark, and quiet.
- Limit screen time (phones, tablets, TV) 1 hour before bed.
- Create a relaxing pre-sleep routine (reading, gentle stretches, meditation).
- If you can't sleep after 20 minutes, get up and do something calm until sleepy.