

# Healthy Sleep Habits Checklist

## Environment

- ✓ **Create a Sleep-Friendly Bedroom**
  - Keep the room dark with blackout curtains or a sleep mask.
  - Maintain a cool, comfortable temperature (60-67°F recommended).
  - Minimize noise with a white noise machine or earplugs.
  - Use comfortable and supportive mattresses and pillows.
- ✓ **Limit Distractions**
  - Remove or limit electronic devices from the bedroom.
  - Keep clocks out of direct view to reduce stress about the time.

## Routine

- ✓ **Establish a Consistent Sleep Schedule**
  - Go to bed and wake up at the same time every day, even on weekends.
- ✓ **Develop a Relaxing Bedtime Routine**
  - Engage in calming activities like reading, meditation, or gentle stretches.
  - Avoid screen time at least 1 hour before bed.
- ✓ **Prepare for Sleep**
  - Take a warm bath or shower 1-2 hours before bed.
  - Dim the lights to signal to your body it's time to wind down.

## Behavior

- ✓ **Practice Healthy Eating and Drinking Habits**
  - Avoid large meals, caffeine, and alcohol close to bedtime.
  - Stay hydrated but limit liquids in the evening to prevent waking.
- ✓ **Exercise Regularly**

- Aim for at least 30 minutes of moderate exercise most days, but avoid vigorous workouts within 2 hours of bedtime.
- ✓ **Expose Yourself to Natural Light**
  - Spend time outdoors during the day to regulate your circadian rhythm.

## **Mindset**

- ✓ **Manage Stress**
  - Practice mindfulness, journaling, or breathing exercises to reduce anxiety.
  - Address worries earlier in the day to keep them from interfering with sleep.
- ✓ **Listen to Your Body**
  - Go to bed only when you're sleepy, not just tired.

## **Additional Tips**

- ✓ **Avoid Napping**
  - Limit daytime naps to 20-30 minutes if needed, and avoid napping late in the day.
- ✓ **Know When to Get Up**
  - If you can't fall asleep within 20 minutes, get out of bed and do a calming activity in another room until you feel sleepy.
- ✓ **Limit Sleep Disruptors**
  - Reduce fluid intake, avoid smoking, and manage medical conditions like sleep apnea with professional guidance.