# A screenshot of a cell phone  Description automatically generated

# **Good Sleep and Sweet Dreams Checklist**

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## Bedroom Atmosphere:

* Cool temperature.
* Make the room dark, cover/turn off all the little lights. Use black out curtains.
* Manage pets. Train them to sleep in their bed, not yours.
* Manage snoring spouse, think relaxing thoughts. Sleep separately.
* Keep cell phone far away from your bed side.

## Three changes in your behavior:

* No napping.
* One hour before bed, cease watching tv, being on your phone, computer or any electronics.
* Create a ritual 30 minutes before bed to prep for going to sleep.

## Re-train your body for sleep:

* When you wake up in the night, get out of bed, go in another room and read sitting up (no electronics). Go back to bed when you are 99% sure you will fall asleep. Get back up if you don’t immediately fall asleep.
* During the day and evening: stay vertical (sit or stand). Only lay down when you are sleeping (or having sex). Do not lay down or stretch out on the couch or recliner.
* Wake up at 5am every day. No matter what.

## Sweet Dreams:

* Journal daily, write or record your thoughts for five minutes. Read over them or if you recorded them out loud, listen back. Helps you process.
* Go to bed on-time, avoid staying up late.
* Exercise 20 minutes almost daily.
* Talk with a therapist or someone you trust.
* Avoid violent tv shows, movies and games.
* Eat a light snack, like crackers before bed (without caffeine or chocolate).
* Avoid alcohol.
* Count your breaths as you fall asleep.
* Do Image Rehearsal Therapy (free guide from Newsletter)