Bedtime Routine Checklist for Healthcare Workers

[ ] Change out of scrubs

[ ] Take a warm shower or bath

[ ] Eat a light, healthy snack if needed

[ ] Stretch or do 5 minutes of deep breathing

[ ] Turn off screens (phone, TV, tablet)

[ ] Dim the lights or use soft lighting

[ ] Use lavender or calming scents

[ ] Put on blackout curtains or sleep mask

[ ] Turn on white noise or calming music

[ ] Journal or read for 10-15 minutes

[ ] Set a consistent sleep time and stick to it