

SLEEP HYGIENE PLAN

By following this sleep hygiene plan, you can develop a healthy bedtime routine that promotes better sleep quality and overall well-being.

IMPORTANT GUIDELINES

- Timeline:** 60-90 minutes before bed (Recommended 4 to 6, 10-20 min tasks)
- No Screen Time:** Avoid screens (phones, tablets, computers, TVs) during this pre-sleep period.
- Consistency is Key:** Perform these tasks in the same order every night. This consistency conditions your body to recognize these activities as cues for sleep.
- Create a Relaxing Environment:** Ensure your sleep environment is conducive to rest. Dim the lights, keep the room at a comfortable temperature, and eliminate noise as much as possible.

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Examples:

- Take a warm bath or shower
- Set up sleep environment (making bed, dimming lights, temperature, fluffing pillows)
- Light stretching/yoga or Low intensity Tai Chi
- Meal Prep
- Prepare for next day (to do list, setting clothes aside)
- Folding Laundry
- Cleaning Kitchen
- Organizing something (drawer, cabinet, closet, clothes)
- Cleaning up Clutter
- Reading a book
- Engage in Calming Hobby (Knitting, Drawing, Adult Coloring Book, Cross Stitching, Sudoku, etc.)
- Playing an instrument / writing music



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BED TIME PLANNER

RECOMMENDED HOURS OF SLEEP PER NIGHT

Adults (18+) 7-9 HOURS

Teenagers (11-17) 8.5-9.5 HOURS

Children (3-10) 10-13 HOURS

Wake Up Time	BED TIME 7 HRS (4 sleep cycles)	BED TIME 8 HRS (5 sleep cycles)	BED TIME 9 HRS (6 sleep cycles)
05:00:00	9:45 PM	8:45 PM	7:45 PM
05:15:00	10:00 PM	9:00 PM	8:00 PM
05:30:00	10:15 PM	9:15 PM	8:15 PM
05:45:00	10:30 PM	9:30 PM	8:30 PM
06:00:00	10:45 PM	9:45 PM	8:45 PM
06:15:00	11:00 PM	10:00 PM	9:00 PM
06:30:00	11:15 PM	10:15 PM	9:15 PM
06:45:00	11:30 PM	10:30 PM	9:30 PM
07:00:00	11:45 PM	10:45 PM	9:45 PM
07:15:00	12:00 AM	11:00 PM	10:00 PM
07:30:00	12:15 AM	11:15 PM	10:15 PM
07:45:00	12:30 AM	11:30 PM	10:30 PM
08:00:00	12:45 AM	11:45 PM	10:45 PM
08:15:00	1:00 AM	12:00 AM	11:00 PM
08:30:00	1:15 AM	12:15 AM	11:15 PM
08:45:00	1:30 AM	12:30 AM	11:30 PM
09:00:00	1:45 AM	12:45 AM	11:45 PM
09:15:00	2:00 AM	1:00 AM	12:00 AM
09:30:00	2:15 AM	1:15 AM	12:15 AM