

I Amadeus Psychiatry

Sleep Routine Checklist

An evidence-based evening routine based on behavioral sleep medicine principles. This guide supports healthy sleep habits and complements care from your healthcare provider.

Core Principles

- Maintain the same bedtime and wake time every day (including weekends).
- Use the bed only for sleep and intimacy—not for work, television, or scrolling.
- If unable to fall asleep after about 20–30 minutes, get out of bed and do a quiet, relaxing activity until sleepy before returning to bed.
- Avoid clock-watching during the night.

Evidence-Based Evening Schedule

Time	Checklist
3–6 hours before bed	■ Avoid caffeine (coffee, energy drinks, many teas, cola).
3–4 hours before bed	■ Avoid large meals and alcohol close to bedtime.
2–3 hours before bed	■ Finish vigorous exercise (light stretching is fine later).
60 minutes before bed	■ Dim lights and reduce bright screens or enable blue-light reduction.
45 minutes before bed	■ Take prescribed evening medications as directed.
30 minutes before bed	■ Read, journal, meditate, pray, stretch, or practice slow breathing.
15 minutes before bed	■ Prepare a cool, dark, quiet bedroom (about 60–67°F / 16–19°C if comfortable).
Bedtime	■ Go to bed only when sleepy—not simply because it is a certain time.

Morning Habits That Improve Sleep

- Wake up at the same time every day.
- Get 20–30 minutes of natural daylight soon after waking when possible.
- Be physically active during the day.
- Avoid long daytime naps; if needed, keep naps under 20–30 minutes and avoid late afternoon.

When to Talk With Your Provider

Discuss persistent insomnia lasting more than three months, loud snoring, witnessed pauses in breathing, restless legs symptoms, excessive daytime sleepiness, or concerns about medications affecting sleep. Cognitive Behavioral Therapy for Insomnia (CBT-I) is recommended as the first-line treatment for chronic insomnia.

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Healing. Growth. You.

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Educational resource based on recommendations from the American Academy of Sleep Medicine and behavioral sleep medicine principles. This handout is not a substitute for individualized medical care.