



# Sleep Hygiene Checklist

### Bedtime Routine:

- Establish a consistent sleep schedule by going to bed and waking up at the same times each day, even on weekends.
- Create a relaxing bedtime routine to signal your body that it's time to wind down, such as reading a book or taking a warm bath.
- Avoid stimulating activities before bed, such as watching TV or using electronic devices with bright screens.
- Keep your bedroom cool, dark, and comfortable for sleeping.
- Invest in a comfortable mattress and pillows that provide proper support.

### Diet and Nutrition:

- Avoid heavy or large meals close to bedtime.
- Limit caffeine and alcohol intake, especially in the hours leading up to sleep.
- Be mindful of your fluid intake to reduce nighttime awakenings for bathroom trips.
- Consider a light, healthy snack if you're hungry before bed, but avoid sugary or spicy foods.

### Physical Activity:

- Engage in regular physical activity, but avoid strenuous exercise close to bedtime.
- Incorporate relaxation exercises, such as yoga or deep stretching, into your evening routine.
- Outdoor activities and exposure to natural light during the day can help regulate your sleep-wake cycle.

### Sleep Environment:

- Keep your bedroom as quiet as possible, using earplugs or a white noise machine if necessary.
- Use blackout curtains or an eye mask to block out external light sources.
- Ensure your bedroom is well-ventilated for optimal air quality.
- Remove distractions like TVs, computers, and work-related materials from the bedroom.



## Mind and Stress Management:

- Manage stress through relaxation techniques, such as meditation, deep breathing exercises, or progressive muscle relaxation.
- Keep a journal to jot down any worries or racing thoughts before bedtime.
- If you can't fall asleep within 20-30 minutes, get out of bed and engage in a quiet, non-stimulating activity until you feel sleepy.

## Technology Use:

- Limit screen time before bed, as the blue light emitted from devices can interfere with your body's production of melatonin.
- If you must use electronic devices, consider using blue light filters or "night mode" settings.
- Charge your devices outside of the bedroom to prevent late-night usage.

## Sleep-Friendly Activities:

- Read a book or engage in a calming, non-electronic activity before bed.
- Practice mindfulness or progressive muscle relaxation to calm your mind.
- Listen to soothing music or nature sounds to promote relaxation.
- Consider using aromatherapy, such as lavender essential oil, to create a relaxing atmosphere in your bedroom.

## Medication and Supplements:

- Avoid self-medicating with over-the-counter or prescription sleep medications without consulting a healthcare professional.
- Discuss any supplements or herbal remedies with your healthcare provider before use.

## Consult a Healthcare Professional:

- If you continue to experience sleep difficulties despite implementing good sleep hygiene practices, consider consulting a healthcare provider or sleep specialist to rule out underlying sleep disorders.

