

# Sleep Hygiene Checklist

Sleep hygiene involves habits and practices that are conducive to sleeping well on a regular basis. Use this checklist to determine what might be helping or hurting your sleep.

## Is your environment...

- Dark** - Dim all lights 30-60 minutes before bed, and use room darkening shades or a sleep mask to block out light when sleeping.
- Quiet** - Use white noise or earplugs to block out sound, especially if you have a noisy partner or home!
- Cool** - The ideal temperature for sleep is between 60-67 degrees Fahrenheit (15-20°C). Also, sleeping with minimal clothing can help. Warm yourself with blankets and sheets as needed.
- Device-free** - Clear the room of all devices and screens. If you can't live without your phone by your bed, set it to silent and place it face down.
- Comfortable** - Time for a new mattress? Considering you spend one-third of your life in bed, it should be comfortable and suited to your body.

## Are You...

- Consistent** - A consistent sleep and wake time (yes, even on the weekends) can promote better sleep.
- Relaxed** - Avoid stimulants like caffeine, nicotine, or anything that amps you up (video games, stimulating TV shows, etc.) for 1-2 hours before bedtime.
- Habitual** - Establish a habitual wind-down routine (like drinking a glass of water, brushing your teeth, and reading). The more you perform your pre-sleep ritual, the more your body will recognize it as a cue to sleep.
- Satisfied but not stuffed** - Eat large meals at least 3 hours before bedtime. If you're hungry, have a small carbohydrate- and protein-rich snack before bed (for example: toast and peanut butter).
- Active early** - Although this can vary from person to person, being physically active earlier in the day can help your sleep. Activity right before bed can be too stimulating for some.
- Avoiding Alcohol** - Although it can put you to sleep, it can interfere with sleep quality.
- Watching your fluids** - If you find yourself getting up during the night to urinate, limit all fluids 90 minutes before bed.

