



SLEEP CHECKLIST



DO THIS



Wind-down Routine

~ 30 minutes before sleep turn off the TV, turn down lights, shower, meditate and prepare



Dark Room

Use light-blocking curtains, eliminate electronic power lights, or use a mask



Keep It Quiet

Use earplugs, white noise, a fan, or a sound app to help eliminate distractions



Consistent Schedule

Go to bed and wake at the same time daily (including weekends) so your body has a rhythm



Lower the Temp

A cool room is better and helps you sleep sounder. Keep bedroom between 60° - 67°

DONT DONT THIS



Bright Lights

Dim your lights in the evening and reduce blue light from screens/TV



Stress Out

If you can't stop thinking, keep a notepad by your bed and write down stressful items and the action you'll take tomorrow



Caffeine & Alcohol

These interfere with sleep so eliminate caffeine at least 6 hours before bed and limit alcohol



Evening Fluids

Drink more during the day and less in the evening so you don't have to get up from bed



Social Media & Games

Disengage by skipping social media and video games late in the evening