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**For Total Self Development**



## SLEEP HYGIENE CHECKLIST

- 1) Stick to a sleep schedule: Go to bed and wake up at the same time every day.
- 2) Create a relaxing bedtime routine: This could include taking a warm bath, reading a book, or listening to calming music.
- 3) Avoid electronics before bed: Blue light emitted by screens can interfere with your sleep.
- 4) Create a comfortable sleep environment: Make sure your bedroom is quiet, cool, and dark. Use comfortable pillows and a supportive mattress. Choose comfortable sleepwear: Wear comfortable, breathable clothing to bed.
- 5) Avoid caffeine and alcohol
- 6) Limit naps: If you need to take a nap, limit it to no more than minutes and take it early in the day.
- 7) Exercise regularly: Regular exercise can help improve the quality of your sleep. However, avoid exercising too close to bedtime as it can interfere with your ability to fall asleep.



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- 8) Avoid large meals before bedtime: Instead, have a light, healthy snack if you are hungry. ○
- 9) Manage stress: Practice stress-reducing techniques such as meditation or deep breathing to help you relax before bed ○
- 10) Brush your teeth an hour before you sleep. ○
- 11) Avoid stimulating activities before bedtime: Avoid engaging in stimulating activities before bedtime, such as work or intense conversations. ○
- 12) Keep your bedroom cool: The ideal temperature for sleep is between 60 to 67 degrees Fahrenheit (15.6 to 19.4 degrees Celsius). ○
- 13) Keep your bedroom quiet: Use earplugs or a fan to block out noise if necessary. ○
- 14) Manage your exposure to light: Use blackout curtains or an eye mask to block out light if necessary. ○



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Use the additional space to write in any additional notes or reminders to help you prioritize your sleep and improve your sleep hygiene.

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Remember, good sleep hygiene is essential for overall health and well-being, so make sure to prioritize getting a good night's sleep.