

# Sleep Hygiene Checklist

Your Quick Guide to Better Sleep

## 01 Stick to a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day, even on weekends.
- Avoid major shifts in your sleep routine.

## 02 Create the Ideal Sleep Environment

- Keep your bedroom cool (60-67°F / 15-20°C).
- Ensure it's dark with blackout curtains or an eye mask.
- Maintain a quiet space; use earplugs or white noise if needed.
- Remove electronic devices from the bedroom.

## **03** Manage Diet and Exercise

- Avoid caffeine after 2 PM or within 6 hours of bedtime.
- Skip heavy or spicy meals close to bedtime.
- Exercise daily but finish workouts at least 3-4 hours before bed.

## **04** Limit Screen Time

- Turn off devices at least 1 hour before bedtime.
- Use blue light blockers if screens are unavoidable.

## **05** Develop a Calming Bedtime Routine

- Dedicate 1-1.5 hours before bed to unwinding:
- Take a warm bath or shower.
- Practice meditation, deep breathing, or gentle stretching.
- Read a relaxing book or listen to calming music.

## 06 Handle Sleeplessness Properly

- If you can't sleep after 20-30 minutes, get up.
- Do something calming, like light reading or gentle stretches.
- Avoid checking the clock—it adds stress.

### + Additional Tips

- Limit or avoid alcohol before bed—it disrupts sleep quality.
- Get exposure to natural light during the day.
- Keep your hands and feet warm at night.
- Consider a light snack like a banana or a glass of warm milk if hungry before bed.
- Try relaxation techniques like progressive muscle relaxation.