

SLEEP HYGIENE CHECKLIST

What is sleep hygiene?

A set of small adjustments to your evening routine, morning routine, and bedroom that will set you up for a good night's sleep. These adjustments fall into a few categories:



ASSOCIATE YOUR BEDROOM WITH SLEEPINESS, NOT WAKEFULNESS

- Use your bedroom for sleep and intimacy only.
- If you must read or watch TV in bed before bedtime, keep it to 30 minutes max.
- In the morning, don't lie in bed for more than 30 minutes max.



AVOID BACKLIT SCREENS BEFORE BED

Backlit screens emit blue-wavelength light, which can delay your sleep cycle and cause insomnia.

In the hours before bedtime, avoid:

- Smartphones
- Tablets
- Computer monitors
- Televisions

_____ OR _____

Use software that makes your screen “warmer” (less blue-wavelength light) at night

- Computer: Download f.lux (justgetflux.com).
- iPhone: Turn on Night Shift (located in Settings > Display & Brightness).
- Android (newer models): Turn on Night Mode (located in Settings > Display).



SET UP YOUR BEDROOM FOR OPTIMAL SLEEP CONDITIONS

Keep your bedroom:

- Cool
- Quiet (or wear earplugs)
- Dark: Consider blackout blinds or a sleep mask. Remove or cover any LED lights from digital devices. Remove your digital clock, dim its display, or aim it away from you.



AVOID CERTAIN SUBSTANCES BEFORE BED

- Alcohol: Have no more than one drink with dinner. Avoid any alcohol within two hours of bedtime.
- Caffeine: Avoid caffeine within six hours of bedtime, preferably longer if you can. But do what's needed to avoid withdrawal — make gradual changes.
- Nicotine