



# Hygiene of Sleep Checklist



## DAYTIME

- Morning light**  Get exposure to bright light when you rise
- Exercise wisely**  Daytime exercise (with elevated heart rate and perspiration, ideally)
- Eat wisely**  Avoid going to bed full or hungry
- Nap wisely**  Avoid napping if possible; limit to a short nap before 3 pm
- Stimulants**  Only early-in-the-day use of caffeine, nicotine, other stimulants
- Medications**  Take during day if they disrupt sleep\*

NOTES

## BEFORE BED

- Sleep disruptors**
  - Avoid caffeine
  - Avoid nicotine
  - Limit or avoid alcohol
  - Avoid bright lights
  - Avoid some medications\*
  - Avoid screen time (TV, texting, etc.)
  - Avoid hunger, avoid fullness
  - Avoid loud noises
- Mobile phone**
  - Night mode (do not disturb)
  - Away from bed
- Relaxation**

**RELAXING ROUTINE, NIGHTLY**

  - Stretching or yoga
  - Mindful breathing
  - Guided meditation
  - Soothing sounds or silence
  - Avoiding vigorous exercise
  - Finish your "planning time"/"worry time"
  - Progressive muscle relaxation

NOTES

## IN BED

- The room**  Quiet, dark (ear plugs & mask if needed)
- The bed**  Warm (not hot), comfortable
- You**

**CALM. TIPS TO HELP YOU QUICKLY EASE INTO SLEEP**

  - Imagery
  - Mindful breathing
  - Push away worries & planning until tomorrow
  - Asleep (leave after 15-20 min. if not asleep; return when sleepy)
- Rise time**  Out of bed and active

NOTES

*\*Ask your pharmacist or prescriber for guidance.*

**What can you do differently today to improve your sleep hygiene?**