



Hygiene of Sleep Checklist



DAYTIME

- 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"

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?