

# Sleep Hygiene Checklist

Practical habits and bedroom tweaks to help you fall asleep faster and sleep better.

## Keep a Consistent Schedule

- Go to bed and wake up at the same time daily  
A steady schedule trains your body's internal clock.
- Keep your wake time consistent, even on weekends
- Aim for around 7 to 9 hours of sleep each night
- Get bright daylight early in the day to set your rhythm
- Avoid long or late-afternoon naps that disrupt night sleep

## Build a Wind-Down Routine

- Start winding down 30 to 60 minutes before bed
- Dim the lights and lower household noise in the evening
- Do something calming like reading or gentle stretching
- Take a warm shower or bath before bed  
Warming up then cooling down can help you feel sleepy.
- Write down tomorrow's tasks to clear your mind

## Manage Screens and Light

- Switch off screens at least 30 minutes before bed
- Charge your phone away from the bed
- Use warm, dim lighting in the evening
- Block outside light with curtains, blinds, or an eye mask
- Avoid stimulating or stressful content right before sleep

## Watch Food, Drink, and Caffeine

- Avoid caffeine in the afternoon and evening  
Caffeine can linger for many hours and delay sleep.
- Limit alcohol, which fragments sleep later in the night
- Avoid heavy or spicy meals close to bedtime
- Stop large fluids before bed to reduce night waking
- Have a light snack if hunger keeps you awake

## Optimize Your Bedroom

- Keep the bedroom cool, dark, and quiet
- Use comfortable, supportive bedding and pillows
- Reduce noise with earplugs or a white-noise sound
- Keep the room tidy and reserved mainly for sleep
- Remove clocks or devices you keep checking at night

## When You Cannot Sleep

- If you cannot sleep after a while, get up and do something calm
- Avoid checking the time or your phone in bed
- Try slow breathing or a relaxation exercise
- Return to bed only when you feel sleepy again

See a doctor if poor sleep persists despite good habits