

# Sleep Hygiene Checklist

Evidence-Based Habits for Better Sleep

## YOUR BEDROOM

- Temperature set to 65–68°F (18–20°C)
- Room is dark (blackout curtains or sleep mask), quiet (earplugs, white noise, or fan)
- Electronics with light-emitting displays are covered or removed
- Mattress and pillows are comfortable; bed is used only for sleep

## DAILY HABITS

- Wake at the same time every day, including weekends
- Get 15–30 min of bright light within 1 hour of waking
- Get at least 30 min of physical activity (not within 2–3 hours of bed)
- No caffeine after early afternoon (noon–2 PM)
- Avoid alcohol within 3–4 hours of bedtime
- Avoid nicotine, especially close to bedtime
- No large meals within 2–3 hours of bedtime
- Limit naps to 20 min before 3 PM (or skip entirely if you have insomnia)

## EVENING WIND-DOWN (30–60 MIN BEFORE BED)

- Screens off — phone, tablet, TV, computer
- Dim lights throughout the home
- Calming activity — reading, gentle stretching, warm bath/shower
- Relaxation — deep breathing, progressive muscle relaxation, or meditation
- Prepare for tomorrow — lay out clothes, review schedule (not in bed)

## AT BEDTIME

- Go to bed only when you feel genuinely sleepy
- If not asleep in ~20 min, get up and do something quiet until sleepy
- Don't watch the clock — turn it away from view
- Keep a notepad by the bed for worries or to-do items (write them down, let go)

## COMMON SLEEP DISRUPTORS

Disruptor	Why It Hurts Sleep
Caffeine after noon	Blocks adenosine for 5–6 hrs
Alcohol before bed	Fragments sleep, suppresses REM
Screen light at night	Suppresses melatonin
Irregular schedule	Disrupts circadian rhythm
Exercising late	Raises body temp & adrenaline
Lying awake in bed	Bed–wakefulness association
Clock-watching	Increases sleep anxiety
Weekend sleep-ins	Shifts rhythm 1–3 hrs

**Key Insight:** The single most impactful change: wake at the same time every day. This anchors your circadian rhythm and makes everything else easier.

**Important:** Sleep hygiene alone may not cure chronic insomnia. Ask your provider about CBT-I (Cognitive Behavioral Therapy for Insomnia) — the first-line treatment.