Sleep Hygiene Checklist

Sleep Environment Optimisation

□ **Darkness:**
Ensure your bedroom is completely dark or use a sleep mask. Blackout curtains can also help.

□ **Temperature:**
Maintain a cool, comfortable bedroom temperature (generally around 18–24°C).

□ **Noise Control:**
Minimize noise disruptions with earplugs, a white noise machine, or a fan.

□ **Comfortable Bedding:**
Invest in a supportive mattress and pillows that are appropriate for your sleep position.

□ **Declutter:**
Remove work materials, computers, and televisions from your sleep space.

□ **Reserve Bed for Sleep and Intimacy:**
Use your bed only for sleep and intimacy to strengthen the mental association between your bed and sleep.

Daytime Habits

□ **Morning Light Exposure:**
Get 15-30 minutes of bright natural light exposure in the morning to regulate your circadian rhythm.

□ **Regular Exercise:**
Engage in physical activity daily, but complete intense exercise at least 2-3 hours before bedtime.

□ **Caffeine Management:**
Avoid caffeine (coffee, tea, chocolate) after 5:00 PM.

□ **Alcohol Awareness:**
Limit alcohol intake and avoid consuming it within 3 hours of bedtime, as it disrupts REM sleep.

□ **Meal Timing:**
Eat dinner at least 2 hours before bedtime and avoid heavy, spicy, or acidic foods in the evening.

Evening Routine

□ **Consistent Bedtime:**
Go to bed at the same time each night, including weekends if possible.

□ **Digital Sunset:**
Avoid electronic devices for at least 1 hour before bed.

□ **Relaxation Techniques:**
Practice relaxation methods such as deep breathing, meditation, gentle stretching, or progressive muscle relaxation before bed.

□ **Worry Journal:**
Write down worries, to-do lists, or thoughts before bed to clear your mind.

□ **Dim Lighting:**
Lower lights throughout your home 1-2 hours before bed to signal to your brain that it's time to produce melatonin.

□ **Warm Bath or Shower:**
Take a warm bath or shower 1-2 hours before bed. The subsequent drop in body temperature promotes sleepiness.

If You Cannot Sleep

□ **15-Minute Rule:**
If you can't fall asleep within 15-20 minutes, get out of bed and do a quiet, non-stimulating activity with dim lighting until you feel sleepy.

□ **Avoid Clock Watching:**
Turn your clock away or put your phone face down to avoid watching the time, which can increase anxiety about not sleeping.

□ **Practice Breathing Exercises:**
Try the 4-7-8 breathing technique: inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. Repeat several times.

□ **Body Scan Meditation:**
Mentally scan your body from head to toe, consciously relaxing each muscle group.

□ **Keep Lights Dim:**
If you get up, keep lighting very low to avoid signalling wakefulness to your brain.