



Hygiene of Sleep Checklist



Daytime

- Exercise wisely** Daytime exercise (with elevated heart rate and perspiration, ideally)
- Eat wisely** Enough but not too much food
- Nap wisely** Avoid napping, or short naps only 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 some medications*
 - Avoid screen time (texting, TV, etc.)
 - Avoid hunger and avoid fullness
- Mobile phone**
 - Night (do not disturb) mode
 - Away from bedroom
- Relaxation**

RELAXING ROUTINE, NIGHTLY

 - Stretching or yoga
 - Mindful breathing
 - Guided meditation
 - Soothing sounds or silence
 - Avoiding vigorous exercise

NOTES

In Bed

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

CALM. AVOID THOUGHTS THAT KEEP YOU AWAKE BY USING

 - Imagery
 - Mindful breathing
 - Other relaxation methods
 - 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?