

Sleep Hygiene Checklist

Use this print-friendly checklist to choose small, consistent sleep habits across the day, evening, bedroom, and morning.

DAYTIME ANCHORS

- Get outdoor light within the first hour of waking.
- Move your body earlier in the day, even briefly.
- Keep naps short and avoid late-afternoon sleep.
- Limit caffeine after lunch or your usual cut-off time.

EVENING WIND-DOWN

- Start a predictable wind-down routine 30-60 minutes before bed.
- Dim bright lights and reduce stimulating screens.
- Write tomorrow's tasks down before getting into bed.
- Choose a calming activity that does not require effort.

BEDROOM SETUP

- Keep the room cool, dark, quiet, and comfortable.
- Use the bed mainly for sleep and intimacy.
- Move clocks, phones, and alerts away from direct view.
- Prepare anything needed overnight before lying down.

WAKE-TIME CONSISTENCY

- Set a wake time you can repeat most days.
- Get out of bed if you are awake for a long stretch.
- Return only when you feel sleepy again.
- Track what helped rather than judging one difficult night.

TONIGHT'S NOTES
