



## **Sleep Hygiene Checklist – Top 12 items**

1. Maintain a consistent sleep schedule, going to bed and waking up at the same time every day.
2. Create a relaxing bedtime routine to signal your body that it's time to sleep.
3. Make sure your sleep environment is dark, quiet, and cool.
4. Use your bed only for sleep and intimacy, avoiding activities like work or watching TV in bed.
5. Avoid consuming stimulants like caffeine and nicotine close to bedtime.
6. Limit exposure to electronic devices, such as smartphones and tablets, before bed.
7. Engage in regular physical activity during the day, but avoid intense exercise close to bedtime.
8. Avoid large meals, spicy foods, and excessive fluid intake before bedtime.
9. Create a comfortable and supportive sleep surface with a good-quality mattress and pillows.
10. Manage stress through relaxation techniques, such as deep breathing or meditation.
11. Avoid napping during the day, especially in the late afternoon or evening.
12. Limit alcohol consumption, as it can disrupt sleep patterns.