GOOD SLEEP HYGIENE CHECKLIST
THE DO'S & DON'T'S FOR BETTER SLEEP

☐ Get up at the same time daily.
☐ Get 7-9 hours of consecutive sleep daily.
☐ Spend awake time out of bed.
☐ Exercise regularly.
☐ Eat regular meals.
☐ Have a light snack if hungry before bedtime.
☐ Nap no longer than 20 minutes.
☐ Reduce screen time 30 minutes before bed.
☐ Dim the lights close to bedtime.
☐ Set a cooler temperature for sleep.
☐ Reduce noise at bedtime (white noise apps can help too).
☐ Hydrate throughout the day.
☐ Avoid excess liquid before bedtime.
☐ Cut down on caffeine.
☐ Avoid alcohol & smoking, especially at night.