

A large yellow sun is partially obscured by white and grey clouds at the top of the page.

SUFFOLK UNIVERSITY COUNSELING, HEALTH & WELLNESS

# GOOD SLEEP HYGIENE CHECKLIST

## THE DO'S & DONT'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.

