

SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

30 tips to help you sleep like a baby!

1 20-minute naps only

Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.



2 Avoid napping if you can

If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.

3 Go to bed at the same time

Sticking to a regular schedule is the key to cultivating healthy sleep habits.

4 Get up at the same time

See above :)

5 Get Vitamin D from the morning sun

Bask in some natural sunlight first thing in the morning to wake yourself up!



6 Can't fall asleep? Go do something

If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).

7 Don't work in bed

Use your bed strictly for sleeping, and not working or eating!

8 Invest in a good mattress

This one's a no-brainer. If you need help in choosing one, check out [sleepsavvy.com](https://www.sleepsavvy.com).

9 Pair your bed with fresh bedding

Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

10 Say NO alcohol, caffeine and nicotine

Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!

11 Eat healthy and on time

Keeping to consistent meal times mean that our bodies know when to rest and when to digest. Try not to throw it off schedule.

12 Avoid eating before bed

If your body is working overtime when it should be resting, you probably won't sleep like a baby.

13 No water right before bed

Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.

14 Exercise daily

Unleash all your excess energy in the gym, so you can fully recharge at night.



15 Avoid exercising at night

The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.

16 Follow an evening ritual

How you end your day is important too - consider stretching or meditating an hour before bed.

17 Take a hot bath

Relax your mind, relax your body and welcome sleep.

18 Keep eyes off the clock

It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!

19 Stay away from screens

Blue light from our smart devices keeps us awake later, so practice being "tech-free" at least 2H before bed.



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20 Use Blue light filter

Turn on the filter on your phone, use F.lux on your laptop and you can even try blue light blocker glasses.

21 Charge devices outside of the bedroom

Who knows what kind of radiation you're subjecting yourself to. Charge your laptop, tablet and phone in the living room.

22 Relax your mind

Calm that monkey mind down with some breathing and meditation exercises.



23 Write down your worries

This is when journalling comes into play. Try writing down everything that's bugging you - you might just feel better.

24 Don't argue right before bed

Being in 'fight or flight' mode won't help you sleep, so avoid any heated discussions before bed.

25 No scary movies before bed

Especially if you tend to have nightmares often.



26 Stick to daytime plans

Even if you didn't sleep well, stick to your daytime routine as much as possible.

27 Say no to work right before bed

Work almost always brings stress, making it hard to unwind. So finish it up long before bed or do it in the morning!

28 No driving if you're sleepy

Let's not cause any accidents! For obvious safety reasons, don't drive when sleepy.

29 Follow through

Consistency is the secret sauce here. After a while, you'll form effortless sleep habits.

30 Jetlag? Try fasting

Going without food for 12-16 hours mimics sleep. If you want to adjust to the local time faster, eat on their schedule.

