

# Sleep Hygiene Checklist

Each night, complete this checklist to ensure you are practicing good sleep hygiene.

- The room is cool (65-70F)
- I am wearing light/cool pajamas
- The bed has light/cool bedding
- I am sleepy
- The room is quiet, or I have earplugs
- The room is dark, or I have a sleep mask
- I feel relaxed or have practiced relaxation exercises
- I am not hungry or too full
- I did not nap today
- I have not stared at a screen in the last hour
- My bedtime routine has been completed
- No caffeine before bed
- No alcohol before bed

*What can I do differently tomorrow night?*