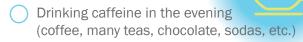
Checklist for better sleep

Record how many of these things you have done over the past week. Consider making planned changes to your routine to improve your sleep, then stick to your new routine.

Name:			
Date:	/	/	

Things that make you sleep worse:





Viewing electronic screen devices (iPad, computers, etc) half-hour before bed

Exercising just before going to bed

Drinking a beer, a glass of wine or any other alcohol within six hours of your bedtime

Taking another person's sleeping pills

Taking over-the-counter sleeping pills, without your doctor's knowledge

Going to bed hungry

Eating a big meal near bedtime

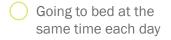
Engaging in energetic activities just before bed, such as playing a competitive game, watching an exciting program on television or movie, or having an important discussion with a loved one

Telling yourself to go to sleep

Tips for Good Sleep

- 1. Sleep on a routine schedule and avoid naps
- 2. Get daylight during the day and darkness at bedtime
- 3. If you are able, walk for 10 minutes during the day
- 4. Be smart about what you eat and drink
- 5. Relax, wind down, and clear your head before bedtime
- 6. Practice and learn ways to get back to sleep

Things that make you sleep better:





Getting up from bed at the same time each day; even on the weekends

Getting regular exercise each day, preferably in the morning

Not smoking a cigarette or using any other source of nicotine before bedtime



Avoid taking naps during the day

Keeping the temperature in your bedroom comfortable

Spending some afternoon time in the outdoor daylight (wear your sunscreen) or in a brightly-lit room

Keeping the bedroom quiet and dark when sleeping



Keeping your feet and hands warm while you slept

If your doctor recommends sleeping pills, use them cautiously

Starting a routine that helps you relax each night before bed. This could include such things as a warm bath, light snack or a few minutes of reading

