

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:



- Drinking caffeine in the evening (coffee, many teas, chocolate, sodas, etc.)
- Writing, eating, watching TV, talking on the phone, or playing cards in bed
- 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



Things that make you sleep better:



- Going to bed at the same time each day
- 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



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

