

Sleep Hygiene Checklist

Your Guide to Better Sleep Habits for Improved Rest and
Well-being

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Disclaimer

This checklist is intended for educational purposes only and should not be considered medical advice. If you have ongoing sleep problems or health concerns, please consult a qualified healthcare professional.

Introduction to Sleep Hygiene

Sleep hygiene refers to the practices and habits that promote consistent, uninterrupted, and high-quality sleep. Establishing a good sleep routine can significantly improve your overall health, mental clarity, and energy levels.

Daily Sleep Hygiene Checklist

- Maintain a consistent sleep schedule – go to bed and wake up at the same time every day.
- Create a relaxing pre-bedtime routine such as reading, stretching, or meditating.
- Limit exposure to screens (TV, phone, computer) at least 1 hour before bed.
- Ensure your bedroom is cool, quiet, and dark.
- Avoid caffeine and nicotine at least 6 hours before bedtime.
- Limit alcohol consumption, especially close to bedtime.
- Exercise regularly, but avoid vigorous workouts 2–3 hours before bed.
- Reserve your bed for sleep and intimacy only – avoid working or watching TV in bed.
- Avoid large meals and excessive fluids right before bedtime.
- Manage stress with techniques like deep breathing, journaling, or light stretching.

Additional Tips for Better Sleep

- Get natural sunlight exposure during the day to help regulate your circadian rhythm.
- If you can't sleep, get out of bed and do a quiet activity until you feel sleepy.
- Consider using white noise or calming sounds to block disruptive noises.
- Keep pets out of bed if they disturb your sleep.
- Evaluate your mattress and pillow comfort every few years.

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