

Sleep Hygiene Checklist for Seniors

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Disclaimer: This checklist is provided for informational purposes only and is not a substitute for professional medical advice. Always consult with your healthcare provider before making changes to your sleep habits.

1. Introduction

Good sleep hygiene is vital for maintaining health, mood, and cognitive function. This checklist provides seniors with clear, actionable steps to improve sleep quality.

2. Create a Consistent Sleep Schedule

Go to bed and wake up at the same time each day, including weekends. Consistency helps regulate your body's internal clock.

3. Optimize Your Sleep Environment

Ensure your bedroom is cool, quiet, and dark. Invest in blackout curtains, comfortable bedding, and supportive pillows.

4. Limit Caffeine and Alcohol Intake

Avoid caffeine after midday and limit alcohol before bedtime as it can disrupt your natural sleep cycles.

5. Engage in Daytime Physical Activity

Gentle exercises such as walking or stretching during the day can help you fall asleep more easily at night.

6. Avoid Heavy Meals Before Bedtime

Large meals late at night can cause discomfort and indigestion, making it harder to sleep well.

7. Establish a Relaxing Bedtime Routine

Engage in calming activities before bed such as reading, listening to soft music, or gentle stretching.

8. Limit Screen Time in the Evening

The blue light from phones, tablets, and TVs can interfere with melatonin production. Limit use at least an hour before bedtime.

9. Manage Stress and Anxiety

Practice relaxation techniques such as deep breathing, meditation, or journaling to reduce pre-sleep stress.

10. When to Seek Professional Help

If you experience persistent insomnia, loud snoring, or other sleep issues, consult a sleep specialist.