

BETTER SLEEP CHECKLIST

A practical checklist for everyday conditions that may support healthier, more restorative sleep.

Use this checklist to review your sleep routine, bedroom environment, daytime habits, and evening behaviors. You do not need to change everything at once - start with the areas most relevant to you.

1. Sleep Schedule

- I allow enough time for sleep.
- I keep my wake time reasonably consistent.
- I keep my bedtime reasonably consistent.
- I avoid large weekend schedule shifts when possible.
- I give myself enough wind-down time before bed.

2. Morning Light & Daytime Routine

- I get daylight exposure after waking.
- I spend some time outdoors during the day.
- I include regular physical activity or movement.
- I avoid spending most of the day completely sedentary.
- I keep daytime naps short or appropriately timed if I nap.

3. Caffeine & Other Stimulants

- I know when I usually have my last caffeine.
- I avoid caffeine late enough that it does not interfere with sleep.
- I do not rely on repeated caffeine doses to compensate for poor sleep.
- I notice how coffee, tea, energy drinks, or other stimulants affect me.

4. Evening Food & Drink

- I avoid very large meals immediately before bed.
- I avoid going to bed extremely hungry when possible.
- I limit excessive fluids close to bedtime if they cause bathroom trips.
- I pay attention to whether alcohol disrupts my sleep.
- I notice whether foods worsen reflux or discomfort at night.

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Bedroom, wind-down, nighttime waking, and morning check-in.

5. Bedroom Environment

- My bedroom is comfortably cool.
- My room is as dark as reasonably possible.
- Noise is kept at a comfortable level.
- My mattress and pillow are comfortable for me.
- My bedding suits the temperature.
- Bright lights are minimized close to bedtime.
- My bedroom is mainly associated with rest and sleep.

6. Evening Screens & Stimulation

- I reduce bright screens before bed when practical.
- I avoid highly stimulating work right before sleep.
- I dim lights during my wind-down period.
- I avoid checking stressful messages or news in bed.
- I give my mind time to transition out of work mode.

7. Wind-Down Routine

- I have a simple pre-sleep routine.
- I do something relaxing before bed.
- I prepare the bedroom before I am ready to sleep.
- I use calming activities if helpful.
- I avoid trying too hard to force sleep.

8. When I Wake During the Night

- I avoid repeatedly checking the clock.
- I keep lights dim if I need to get up.
- I avoid unnecessary phone use.
- I try to stay calm about lost sleep.
- I return to a quiet routine if I cannot fall back asleep.

9. Morning Check-In

- I notice whether I feel rested on waking.
- I track repeated morning fatigue.
- I notice morning headaches, dry mouth, or unusual sleepiness.
- I notice whether poor sleep affects concentration, mood, or safety.

10. When to Consider Professional Advice

Consider discussing your sleep with a qualified healthcare professional if you regularly experience persistent difficulty falling or staying asleep, excessive daytime sleepiness, loud snoring, witnessed breathing pauses, morning headaches, or significant impairment despite adequate time in bed.

My Top 3 Sleep Priorities

1.

2.

3.

One Change I'll Try This Week

Remember: Better sleep is rarely about doing everything perfectly. Consistent habits and a supportive sleep environment matter more than perfection.

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