

## Daily Sleep Hygiene Checklist

“Sleep is our best medicine but we often don’t take it.” Author Unknown

I avoid caffeine and alcohol (especially after 2pm).

I have eaten my way to better sleep today balanced blood sugar).

I do not read or watch TV in my bedroom.

My bedroom is completely dark at nighttime.

My bedroom is inviting and soothing.

I make my bed everyday so there is structure around sleep.

I do not watch stimulating TV shows (including news) in the evening.

I turn off bright overhead lights two hours before bedtime.

I go to bed earlier, incrementally each night, to get enough sleep.

I am working on getting 8-9.5 hours of sleep each night.

I am working on waking up with the sun (at dawn).

I take Sweet Dreams bath\* before bed if I need or want to for relaxation. I do calming exercises in the evening such as gentle yoga or tai chi.

I practice breathing exercises/meditation or read something spiritual to calm my mind.

I use earplugs to block out noise, and wear an eye mask to block out light. I am keeping my daily sleep journal to track my progress.

I am managing my daily stresses better and am saying “no” more often. I am becoming more regular with my daily routine of eating, sleeping and exercise.

I wear socks to bed to keep my feet from getting cold.

I eat a small piece of protein with a small piece of fruit or vegetable 30 minutes to one hour before bed if needed.

I put my phone on airplane mode, and make sure nothing that is plugged in is closer than 6 feet to my head – I turn off the house wifi at night.

\*Sweet dreams bath: 2 cups magnesium salts + 10 drops of organic lavender essential oil.