

## Checklist For Better Sleep



Good sleep is influenced by many factors. Record how many of these things you have done in the last week, and consider making changes to your routine.

### Things that are known to make sleep worse

- Napping during the day
- Watching television in bed
- Using a device with a bright screen late in the evening before bedtime (e.g., smartphone, a laptop)
- Consuming drinks containing caffeine (tea, coffee, cola, energy drinks, hot chocolate)
  - How many cups today?
  - If bedtime is 10:00pm, was your last caffeinated drink 6hr or more before bedtime?
- Drinking alcohol (alcohol typically leads to interrupted sleep)
- Eating a heavy meal less than 3 hours before bedtime
- Staying in bed/alone if you can't fall asleep (it's better to get up and do something relaxing, then try again later)

### Things that are known to improve sleep

- Regular exercise
  - How many times a week? (it is recommended to do at least 3 or 30 minutes per week)
  - If exercise is the day after the bed, not as effective as the night before bedtime
- Setting aside some time (15-20 minutes) each day to write down any thoughts or bothering or concerning you, then deciding to leave those concerns behind until tomorrow (make sure to do this at least one hour before bedtime)
- Relaxation exercises (e.g., relaxed breathing exercises, progressive muscle relaxation)
- Having a relaxing bedtime routine (e.g. taking a bath or a shower, reading a comforting book)
- Getting the conditions for sleep
  - Make sure the bedroom is completely dark (blackout curtains are cheap and effective)
  - Make sure the mattress and pillows are comfortable (make beds as attractive place as you can)
  - Make sure the bedroom is the right temperature (which like Goldilocks, not too hot, nor too cold)