

# MY IDEAL SLEEP

## checklist

m t w t f s s

Stick to Your Sleep Schedule

Exercise Regularly

Limit Stimulants

Limit Alcohol

Avoid Heavy Meals

Limit Fluid Intake

Limit Stressful Activities

Write a Journal

Keep Work Out of Bed

Establish Screen Time Curfew

Create a Relaxing Bedtime Routine

Practice Mindfulness or Meditation

Create a Comfy Sleep Environment

Create Darkness

Ensure Quiet Environment

Wear Comfortable Clothing

Limit Clock Watching

Review Your Medications

Consult a Professional

notes

### Stick to Your Sleep Schedule

Aim to maintain a consistent sleep and wake-up routine daily, even on weekends.

**Limit Daytime Naps:** If you nap during the day, keep it short (around 20–30 minutes) and avoid late afternoon naps.

### Exercise Regularly

Engage in regular physical activity, but avoid vigorous exercise too close to bedtime.

### Limit Stimulants

Avoid caffeine and nicotine close to bedtime. Opt for calming herbal teas instead.

### Limit Alcohol

Even though alcohol may help in falling asleep initially, it can interrupt sleep during the latter part of the night.

### Avoid Heavy Meals

Large or spicy meals before bedtime can disrupt sleep. Try to have your last meal a few hours before hitting the hay.

### Limit Fluid Intake

Minimize drinking too many fluids before bedtime to prevent disruptive nighttime awakenings.

### Limit Stressful Activities

Try to address stressful situations or worries earlier in the day to avoid them bothering you at bedtime.

### Write a Journal

Write down worries or thoughts before bed to clear your mind.

### Keep Work Out of Bed

Use your bed for sleep and intimacy only, not for work or studying.

### Establish Screen Time Curfew

Turn off electronic devices like phones, tablets, and TVs at least an hour before bedtime. The blue light emitted by these devices may interfere with your sleep.

### Create a Relaxing Bedtime Routine

Wind down before bed with activities like reading, taking a warm bath, or practising relaxation exercises.

### Practice Mindfulness or Meditation

Practice relaxation techniques or meditation to calm the mind before bed.

### Create a Comfy Sleep Environment

Make your bedroom cosy and conducive to sleep. Ensure a comfortable mattress, pillows, and appropriate room temperature.

### Create Darkness

Ensure your bedroom is dark. Switch off electronics and consider using blackout curtains to block out light that can disturb your sleep.

### Ensure Quiet Environment

Minimize noise disturbances or use earplugs or white noise machines if needed.

### Wear Comfortable Clothing

Wear comfortable sleepwear that doesn't restrict movement or cause discomfort.

### Limit Clock Watching

If you struggle falling asleep, avoid constantly checking the time, as it can create anxiety about not sleeping.

### Review Your Medications

Check if any medications you're taking affect your sleep and discuss alternatives with your healthcare provider if needed.

### Consult a Professional

If you're experiencing ongoing sleep issues, talk to a healthcare professional or sleep specialist for guidance and support.