Steps to: Sleep success

Stick this checklist on your fridge & track your sleep habits.
Reflect on how you plan to improve your sleep hygiene this week!

My sleep hygiene checklist

Look at each sleep hygiene activity & make some notes in the comment section about how you can work on that activity this week. Use the days of the week section to tick off which days you are able to use the sleep hygiene activity!

Sleep hygiene strategy	Comment	Days of the week
Go to bed at the same time each night		M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐
Morning sun light exposure (10-20mins)		M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐
Calm routine before bed		M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐
Create a comfortable sleep space		M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐
No device use 60min before bed		M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐
Avoid caffeine		M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐