

# **\*\*Sleep Hygiene Checklist\*\***

---

**\*\*SimplySoundAdvice.com Presents:\*\*  
**\*\*Sleep Hygiene Checklist\*\*****

Optimizing your sleep environment and habits can be the key to a rejuvenating night's rest. Use this checklist to establish a healthy sleep routine.

## **\*\*Bedroom Environment\*\***

- \*\*Comfortable Mattress and Pillows\*\***: Ensure they provide adequate support and are in good condition.
- \*\*Darkness\*\***: Use blackout curtains or an eye mask to block out light.
- \*\*Quiet\*\***: Consider earplugs or white noise machines if external noises are disruptive.
- \*\*Cool Temperature\*\***: Keep the room slightly cool, typically between 60-67°F (15-19°C).

## **\*\*Pre-Bed Rituals\*\***

- \*\*Limit Screen Time\*\***: Avoid phones, tablets, and TVs at least an hour before bed.
- \*\*Relaxing Activities\*\***: Incorporate reading, meditation, or gentle stretching.
- \*\*Limit Heavy Meals\*\***: Aim to finish eating 2-3 hours before your bedtime.

## **\*\*Consistency\*\***

- \*\*Regular Sleep Schedule\*\***: Go to bed and wake up at the same times daily, even on weekends.
- \*\*Limit Naps\*\***: If you nap during the day, keep it short (20-30 minutes) and avoid napping late in the afternoon.

#### **\*\*Limit Intake\*\***

- \*\*Reduce Caffeine\*\***: Limit coffee, tea, and other caffeinated drinks, especially in the afternoon and evening.
- \*\*Limit Liquids\*\***: Reduce fluid intake in the evening to prevent disruptive middle-of-the-night trips to the bathroom.

#### **\*\*Natural Aids\*\***

- \*\*Consider Herbal Tea\*\***: Opt for non-caffeinated teas like chamomile or valerian root before bed.
- \*\*Aromatherapy\*\***: Use calming essential oils like lavender in a diffuser or as a room spray.

#### **\*\*Seek Professional Help if Needed\*\***

- \*\*Persistent Sleep Issues\*\***: If you consistently struggle with sleep, consider consulting a sleep specialist.
- \*\*Address Health Issues\*\***: Conditions like sleep apnea or restless leg syndrome might be disrupting your sleep.

---

**\*\*Bonus Tip\*\***: Remember, everyone's sleep needs and habits are different. Listen to your body and find what combination of these tips works best for you.

For more wellness and health insights, don't forget to visit [SimplySoundAdvice.com](http://SimplySoundAdvice.com)

