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 in the hour before bedtime (e.g. a smartphone, a laptop)
- ☐ Consuming drinks containing caffeine (includes tea, coffee, cola, energy drinks, hot chocolate)

    - How many each day?

    - What time of the day was your last caffeinated drink? (try to avoid caffeine after 6pm)

- ☐ Drinking alcohol (alcohol typically leads to interrupted sleep)
- ☐ Eating a heavy meal less than 3 hours before bedtime
- ☐ Staying in bed even 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 x 30 minutes per week)

    - What time of the day? (it is best not to exercise in the 3-4 hours before bedtime)

- ☐ Setting aside some 'worry time' each day to write down any issues that are bothering or
    concerning you, then deciding the to leave those worries 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)
- ☐ Setting 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 bed an attractive place to be!)

    - Make sure the bedroom is the right temperature (think like Goldilocks: not too hot, not too cold)