YOUR SLEEP CHECKLIST

1. **TIME**
   Try to go to bed and wake up around the same time each day.

2. **ROUTINE**
   Create a relaxing bedtime routine. This might include a warm shower or cup of decaf tea.

3. **ENVIRONMENT**
   Make your bedroom a dark, quiet, cool place.

4. **EXERCISE**
   Try to get 20-30 minutes of physical activity per day to help release endorphins.

5. **LOW STIMULATION**
   Can’t fall sleep? Try getting up and reading or listening to soft music rather than turning on the TV.

6. **ELECTRONICS**
   Turn off or silence any electronics 20-30 minutes before bed to help your brain unwind and eyes relax.

7. **LENGTH**
   Try to get between 7-9 hours of sleep each night to help your body recharge.

8. **NAPPING**
   Keep daytime naps short (20-30 minutes at most) to ensure you can get to sleep at night.

9. **TRACK**
   Keep a journal or use an app to track your sleep habits and flag any inconsistencies.

10. **ASK FOR HELP**
    If you still aren’t getting enough sleep or feeling rested, talk with your doctor.