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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.